

FOOD	LOW ACCUMULATION	MEDIUM ACCUMULATION	HIGH ACCUMULATION
CEREALS AND TUBERCLES	-	Pumpkin	-
FRUTIS	-	Strawberries, banana, papaya, avocado	Citrus (orange, grapefruit, mandarin, kiwi, pineapple)
VEGETABLES	-	Zucchini, spinach, eggplant, tomato, cucumber	Sauerkraut
DAIRY AND SUBSTITUTES	Fresh cheese, plant based milks (oats, rice, coconut, soy), soy yogurt and rice	Butter	Milk, yogurt, cheese, cream, cream, milk-based sauce
LEGUMES AND DERIVATIVES	-	-	Tofu, Tempeh
FISH	Fresh or frozen fish	Oily fish (fresh or frozen) (salmon, sardines, tuna, swordfish), cuttlefish, squid, octopus	Seafood, canned tuna, canned anchovies, smoked salmon
EGG	Yolk	Cooked white	Raw white
MEAT	Fresh or frozen meat	Ham, turkey breast, dry-cured ham	Sausage (salami, chorizo, sausage, bologna ...)
BEVERAGES	Green tea	Red and black tea, orange juice, tomato juice, energy drinks	Alcoholic drinks (champagne, wine, beer, spirits)
FATS	Olive oil, sunflower or coconut oil, margarine	Butter	Nuts (walnut, peanut, almond, hazelnut), cacao
CONDIMENTS	Oregano, basil, turmeric, mint, salt, sugar, honey	Apple cider vinegar, vanilla, cinnamon, nutmeg, anise	Soy sauce, tomato sauce, curry, monosodium glutamate, balsamic vinegar, mustard
SWEETS	Sweeteners, home made cakes	Jam	Bakery products