

Peak Food Conversion Chart

*MAD Choice Modern American Diet

Apple or apple sauce
Baking Powder (with aluminum)
Beans: Pinto or black
Beans: Garbanzo, Chick pea
Beef, veal, or lamb
Bell peppers: red, green, yellow
Blueberries
Bullion/Stock; beef or chicken
Buttermilk
Cabbage or Bok Choy
Carrots
Cheeses; Cow's milk
Chicken or Turkey
Chicken Eggs
Chocolate or Vanilla flavoring
Coffee/Decaf
Coffee creamers/ Half & half
Confectioners/powdered sugar
Corn Starch
Corn Syrup
Crab, Scallops, Lobster
Fish; Halibut, Shark, Tuna or Cod
Flour; bleached, enriched, conditioned
Garlic
Green onions/Scallion
Grapes; green or white
Rice; white, Jasmine
Lentils; green or yellow
Lettuce; iceberg, red, romaine
Margarine or butter
Mayonnaise or Miracle Whip
Mushrooms; button, white, straw
Oat Meal (rolled oats)
Onions; white, brown, yellow
Oranges
Parsley
Peas; green, chick, garbanzo
Peanut butter
Pepper; black or white
Potatoes; Russet or white
Pumpkin
Radishes, turnips, or celery
Tomatoes; salad or beefsteak
Salt or Sea Salt
Shortening, Lards, Vegetable oil
Sour Cream
Soy Sauce
Sugar or artificial sweeteners
Vinegar; White or Apple Cider
Zucchini

Peak Frequency Food Choice

Pear/pear sauce or mango/mango sauce
Rumford (brand) Baking Powder
Dark Red Kidney beans
Navy/White beans, lima beans
Bison/Buffalo
Leeks, watercress, broccoli
Blackberry, Raspberry, Strawberry, or Cranberry
Kal (brand) Nutritional Yeast flakes & Bragg's Amino's
Cultured goat milk, Kefir, Goat yoghurt
Radicchio or Belgian endive
Yams (jewel or yellow) or jicama
Goat, Sheep, or Buffalo milk cheeses
Organic, extra firm Tofu (bean curd)
Duck Eggs, or Egg Replacer (brand), or Soy flour
Real chocolate/cocoa powder or real vanilla extract
Papua New Guinea coffee
Organic Heavy Whipping cream
2 parts corn fructose & 1 part organic corn starch blended
Organic corn starch or Agar-Agar (sea kelp), unprocessed
Brown Rice Syrup, Vgtbl Glycerin, Grade B maple syrup
Fresh water Jumbo Shrimp, or ocean Jumbo Shrimp
Orange Roughy, Lake Trout, or Wild caught Salmon
Unbleached/non-enriched, whole wheat or barley pastry flour
Elephant Garlic
Red Onions, Leeks, or Chives
Dark grapes; red, blue, purple, or black
Brown rice; Basmati, California, or wild
Red Lentils (orange color)
Butter lettuce, baby spring mix, spinach, arugala
Unsalted organic butter
Veganise, Daisy (brand) sour cream, Crème Fresh
Crimini, shitake, porcini, or chanterelle mushrooms
Rolled or pressed Barley
Red onions, leeks, chives
Tangerines, Mandarins, limes
Cilantro or watercress
Red lentils, kidney or white beans, soy beans, or eggplant
Almond, Cashew, Soy nut or Hemp butter
Cayenne pepper
Red Potato
Yam
Jicama or Fennel
Roma/Plum or Heirloom tomatoes
Real Salt (brand)
Unsalted butter or ext virg Olive, Safflower, or Sunflower oil
Daisy (brand) Sour Cream
Tamari Sauce or Bragg's (brand) Liquid Amino's
Sucanat (brand), corn fructose, grade B Maple Syrup, honey
Red wine vinegar or Rice wine vinegar
Crook Neck Squash