

Vegetable/Herbs	Information	Never	Occasionally	Often
Apple	Without Core and Seeds; has Sugar		X	
Arugula	High in Calcium		X	
Asparagus	Diuretic, feed rarely if at all	X	X	
Avocado	Causes Diarrhea	X		
Banana	High in Sugar		X	
Basil				X
Beans	No Legumes	X		
Porree		X		
Onion	No bulbous Plants	X		
Beet	High in Oxalic Acid		X	
Blueberry	High in Oxalic Acid		X	
Bok Choi	High in Calcium		X	
Broccoli	High in Calcium & Oxalic Acid		X	
Cabbage	Introduce Slowly			X
Carrot (with greens)	High in Oxalic Acid, High in Sugar		X	
Cauliflower	Introduce Slowly			X
Celery	High in Calcium & Oxalic Acid		X	X
Camomile			X	X
Cherry		X	X	
Chicory	High in Oxalic Acid; Inner Leaves only		X	
Chives	High in Oxalic Acid	X		
Cilantro				X
Collard Greens	High in Calcium & Oxalic Acid		X	
Corn	Feed Leaves, but not Corn itself (Starch)	X	X	
Cranberry			X	
Cucumber	Peel if store-bought (waxed)			X
Dandelion	High in Oxalic Acid		X	
Dill				X
Eggplant	High in Oxalic Acid; No Greens	X	X	
Endive	High in Calcium		X	
Escarole	High in Oxalic Acid		X	X
Fennel	With Greens; Without Core			X
Grape	No seeds	X	X	
Pea	No Legumes	X		
Iceberg Lettuce	Not much Nutritional Value			X
Kale	High in Calcium & Oxalic Acid		X	
Kiwi	High in Oxalic Acid		X	
Kohlrabi				X
Leek	No bulbous Plants	X		
Melon	High in Sugar	X	X	
Mint				X
Mustard Greens	High in Calcium & Oxalic Acid		X	
Okra	High in Calcium & Oxalic Acid		X	
Orange	High in Sugar; too acidic		X	

Oregano			X	
Parsley	High in Calcium & Oxalic Acid		X	
Parsnip	High in Oxalic Acid; Peel Skin		X	X
Peach		X	X	
Pear	High in Sugar; may cause Diarrhea	X	X	
Pepper (sweet; bell)	High in Oxalic Acid; No Seeds or Core		X	X
Pineapple	High in Sugar		X	
Plum	High in Oxalic Acid	X	X	
Potato	High in Oxalic Acid	X		
Pumpkin	All kinds edible for humans		X	X
Radish	High in Oxalic Acid	X		
Raspberry	High in Oxalic Acid		X	
Rhubarb	High in Oxalic Acid	X		
Romaine Lettuce				X
Rosemary		X	X	
Sage		X	X	
Spinach	High in Calcium & Oxalic Acid		X	
Squash	High in Oxalic Acid		X	X
Strawberry	High in Sugar; with leaves		X	
Sweet Potato	High in Oxalic Acid	X		
Thyme			X	
Tomato	NO GREENS; Feed only when ripe		X	
Turnip Greens	High in Calcium & Oxalic Acid		X	
Watercress	May irritate Respiratory System	X	X	
Zucchini	High in Oxalic Acid		X	X