

Dr. Sebi's Approved Food List

Grains

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Teff
- Wild rice (not brown or white)

Fruits (Seeded Only)

- Apples
- Berries (Elderberry, Blueberry, Strawberry, Raspberry, Blackberry)
- Bananas (Burro or Baby only)
- Cantaloupe
- Cherries
- Figs
- Grapes (seeded)
- Limes (key lime only, with seeds)
- Mangoes
- Melons (all seeded varieties)
- Oranges (Seville or sour only)
- Papayas
- Peaches
- Pears
- Plums
- Soursop
- Tamarind

Vegetables

- Avocados
- Bell Peppers
- Cucumber
- Dandelion Greens
- Kale
- Mushrooms (only oyster, portobello, or chanterelle)
- Okra
- Onions
- Squash (zucchini, butternut, etc.)
- Tomatoes (cherry or plum only)
- Turnip greens
- Watercress
- Zucchini

Herbs & Spices

- Basil
- Bay Leaf
- Cayenne
- Cloves
- Dill
- Habanero
- Oregano
- Sea Salt (unrefined)
- Sage
- Tarragon
- Thyme

Nuts & Seeds (Raw Only)

- Brazil Nuts
- Hemp Seeds
- Raw Sesame Seeds
- Raw Sunflower Seeds
- Walnuts

Oils

- Avocado Oil
- Coconut Oil (unrefined)
- Grape Seed Oil
- Hempseed Oil
- Olive Oil (not extra virgin)

Beverages

- Spring Water
- Coconut Water (from young coconuts)
- Herbal Teas (made from Sebi-approved herbs)

Foods to Avoid Completely

- Pork, Beef, Chicken, and all animal flesh
- Dairy (milk, cheese, butter)
- White flour, sugar, and salt
- Corn, soy, and potatoes
- GMOs and hybrid fruits
- Caffeine and alcohol
- Processed foods and fast food