

## 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 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  
Veganaise, 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

