

# The Hi-Score™ Diet: A Food Selection Guide for Long Life

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## *Bill Minnick Analyzes and Scores common foods based on his Diet-Disease Experience*

**The Diet Rules are simple:** Eat a wide variety of positive score foods every day. If a food is not on the list, or is a mix of listed foods, the score of the food in question can be easily estimated based on listed food scores. Best long-term health is achieved when 98% of foods eaten have a positive score and a wide food variety of positive-scored foods is consumed in moderation. Start by writing your food scores on a pad for each meal. Write down a specific food score only once per day, even if it is eaten twice or more in that day. Slowly change food choices to reach a score sum of 25 for each meal: eg, a score of 75 for all the different foods eaten during one day. Plus scores add; minus scores subtract.

Bill's hypothesizes that each food we eat makes either a positive or negative contribution to our life span over a lifetime of eating. So he devised a food-scoring scheme to clearly state the collective value of each common food to human existence over a lifetime. Bill sees the food scoring project as having two phases: 1) He has estimated food scores based on his experience with each food plus the known nutritional content of each food; and Phase 2): initiate research to build broad scientific basis and consensus to yield food scores applicable to everyone.

Bill scores each food in a range from +10 to -10, depending on collective value of the given food item. He has estimated Phase 1 food scores with consideration to: a) nutritional content: eg, protein, vitamins, minerals, fats, calories, fiber; b) disease-risk factors: eg, food pH in the intestines [acidity]; likely presence of added salt, heavy metals, hormones, carcinogens; chemically derived food; c) diagnostic trends: eg, blood test changes, measured or observed disease progress, onset of new symptoms; and d) other factors: eg food nurture and preparation (raw or cooked, regular or organic raised, natural or genetic engineered).

Bill gained his experience with each food under the following extraordinary conditions: September 10, 2002, his esophageal cancer chemotherapy and radiation treatments eliminated his ability to eat or drink anything as treatments ended. He then added one food type at a time to his diet each month and monitored his a) comprehensive blood tests for negative impact, b) his skin condition, c) his digestive function, e) his bowel and bladder elimination functions. He also studied, analyzed and correlated diet research results, diet experience of many authors and institutions including but not limited to Michio Kushi, Dr. T. Colin Campbell, and Dr. Mary Enig, the Harvard school of Public Health, the Physician's Committee for Responsible Medicine and the Weston A. Price foundation. Beyond this, Bill Minnick closely studied the eating habits of 5 generations in his family, correlating life span and disease experience spanning a period from 1840 to the present.

Bill's concept of food scoring for long life is the culmination of his efforts to survive during his battle with **four** deadly cancers and his use of diet change to prevent all cancers and other age onset diseases after his last cancer was declared in remission in April 2005. Since this date, Bill has remained disease-free by eliminating 98% of negative scored foods in his diet.

**Questions?** Email Bill at: <mailto:Bill@EndCancerNow.org>

**Learn More** at <http://www.EndCancerNow.org>

**Listen** to Bill's WBZ Boston Radio Broadcast at <http://www.EndCancerNow.org>

**HOW TO USE THIS TABLE:** No matter what you've eaten in the past, begin now to make food choices based on increasing consumption of positive scored foods and reducing consumption of negative scored foods. Choose a variety of high positive scored foods as frequently as possible and change food buying and eating habits to carefully avoid foods with negative scores. Follow this food-scoring guide for 3 months and observe how good you feel, how your skin look improves, how, with no sun-screen applied, 20 minutes of sun-bathing on clear days provides our Vitamin D naturally, and with no sign of skin cancer. Blood test results will improve including lower cholesterol, triglycerides and PSA among other improvements. Excess weight will begin to go. With improved body functions, Bill and his wife and discovered an urge to engage in our favorite exercise to cap off our improved life style and further reduce any excess weight.

**NOTE ON NEGATIVE DAIRY (Cow's Milk) FOODS SCORES:** Bill has directly observed dairy food consumption as a promoter (not an initiator) of multiple cancers. Moreover, 4 generations of his maternal ancestors, all born and brought up in the dairy state of Vermont, all consumed copious dairy (Cow's milk) based foods, and all died with osteoporosis among other age-onset diseases. Indeed, as the human body ages, cow's milk dairy foods seem to become an increasingly poor source of calcium. The best, most available food sources of calcium for all ages are leafy green vegetables, almonds, figs, kelp and many other common vegetables. Beyond the above observations, Bill has observed that Cow's milk products are quietly responsible for hundreds of human health issues, both minor and major maladies. When Bill cut out dairy foods, he eliminated constipation, skin disorders, dandruff, gluten intolerance, acid indigestion, heart arrhythmias, gluten intolerance, depression and skin cancers (Bill averaged 12 skin cancers/year when consuming cows milk and cheese). Eliminating cow's milk dairy foods for 5 years have left Bill completely cancer free after being given a 5% to 10% chance of living for 5 years by his oncologist in January 2003.

Some suspect that the primary stealth killer ingredient in bovine dairy products is a hormone designated Human Growth Factor-I (HGF-I), a hormone produced by cows in their milk which is identical to its human equivalent. Regular consumption of this hormone in dairy foods is suspected to be the cause of many serious human diseases. Click this link <http://www.notmilk.com/g.html> to learn more about IGF-I.

**NOTE ON SUPPLEMENTS:** Beyond the Hi-Score Diet, Bill takes only a cod liver oil jell cap daily, but no other drugs or supplements to achieve good health. We eat most fruit raw as our primary source of Vitamin C.

**HOW BILL INTERPRETS THESE FOOD SCORES:** Scientists believe that the theoretical human lifespan is between 120 and 150 years. Why is our expected life span 80 to 85 years? Bill hypothesizes that our expected life span falls short of theoretical estimates because of our consumption of **some foods** that act to shorten our life span by repeated consumption over tens of thousands of meals (about 80,000 meals by age 80). Bill believes that he has identified the foods that shorten our lives, and he has given them negative scores in proportion to how virulent they are in reducing lifespan. He avoids negative-scored foods as often as possible in the strong belief that to do so extends his lifespan. Over the past 6 years, he has carefully confirmed many of Bill's food scores using his body's response to these foods as an indicator.

**THE NEED TO MOVE FROM HYPOTHESIS TO PROVEN FACT:** The next step is to define, fund and execute valid research that confirms (or corrects if needed) Bill's current food score values. Watch this EndCancerNow.org Web site for plans and progress toward organizing and funding valid, critical diet-disease research.

# Bill's Food Score Table Sorted by Decreasing Score

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10	brown rice -short grain, cooked	8	soup –vegetable/bean	6	cereal -rolled oats, cooked	3	cucumber -fresh, raw
10	chick peas (garbanzo beans)	8	soup –vegetable/mushroom	6	coconut (raw)	3	dates -dried
10	lentils -green/brown, cooked	8	tangerine wedges -fresh, raw	6	hazelnuts -raw	3	eggplant -fresh, cooked
10	quinoa -cooked as cereal	7	apricot -fresh, raw	6	hummus -fresh spread	3	milk -almond (no additives)
10	rice -short grain, brown, cooked	7	beans -dry, large	6	nuts –Brazil, pecans	3	milk -rice (no additives)
10	sea vegetables -kelp, wakame,etc	7	broccoli -fresh, cooked	6	oatmeal –cooked	3	oatmeal –instant
10	squash -winter, fresh, cooked	7	Brussels sprouts -fresh, cooked	6	oil –coconut, extra virgin	3	oil –liquid, monounsaturated
10	tea -green, brewed	7	cabbage -fresh, cooked	6	pepper -red/green, fresh, raw	3	oil –olive, extra virgin
10	water -spring or well (tested)	7	carrots -fresh, cooked	6	plums / prunes -raw or cooked	3	oil –palm/palm kernel
9	almonds –raw	7	cauliflower -cooked	6	raisins -seedless, raw	3	oil –sesame, light, cold pressed
9	arugula –raw	7	chards -fresh, cooked	6	raspberries -fresh, raw	3	parsley -fresh, raw
9	bok choy -fresh, raw	7	cherries -fresh, raw	6	rice -wild, cooked	3	popcorn (no Trans-fats)
9	broccoli -fresh, raw	7	corn –whole frozen, cooked	6	salsa- fresh chopped	3	potato -white, baked / cooked
9	burdock (gobo) root	7	garlic -fresh, raw	6	seeds -sunflower, etc, raw	3	radish -fresh, raw
9	cabbage -fresh, raw	7	ginger -fresh, cooked	6	whole wheat products	3	rice milk (no additives)
9	carrots -fresh, raw	7	grapefruit -fresh, raw	6	yams -fresh, cooked	3	tomato –fresh, ripe
9	cauliflower -fresh, raw	7	kiwi fruit -fresh, raw	5	apple - fresh, raw	2	cereal -dry (no sugar)
9	chives -fresh, raw	7	melon -all, fresh, raw	5	asparagus - fresh	2	milk -soy (no additives)
9	greens -turnip, fresh, cooked	7	miso -used in soup (no MSG!)	5	avocado -fresh, raw	2	pizza –veg; <u>no</u> meat, <u>no</u> cheese
9	kale -fresh, cooked	7	onion -cooked	5	banana - fresh, raw	2	salt -sea salt
9	leeks -fresh, cooked	7	orange wedges	5	cinnamon -ground spice	2	soy milk (no additives)
9	onion -fresh, raw	7	papaya –fresh, raw	5	noodles –whole grain	2	tortilla -white flour
9	pumpkin -fresh, cooked	7	peaches –fresh, raw	5	oil -cod liver -supplement	2	water -distilled
9	rutabaga -fresh, cooked	7	pear -fresh, raw	5	oil- flax seed -supplement	1	bread, white (yeast)
9	scallions -fresh, raw	7	pineapple -fresh cut, raw	5	peanuts –whole, roasted	1	couscous -regular, cooked
9	turnip -fresh, cooked	7	sauerkraut, cooked	5	tortilla -corn	1	cranberries -cooked/dry w/sugar
8	beans -dry, small	7	soba noodles -cooked	4	celery -fresh, cooked	1	decaf –coffee or tea
8	beans -green/yellow	7	spinach -fresh, cooked	4	couscous -whole grain, cooked	1	exercise: 1 point per ½ hour
8	blueberries -fresh, raw	7	sprouts -fresh, cooked	4	granola (no trans fats)	1	lemon wedge squeezed
8	buckwheat -cooked	7	squash -summer, fresh, cooked	4	nuts -cashews	1	lime wedge squeezed
8	cereal -whole multigrain, cooked	7	strawberries	4	nuts –pistachio	1	Organic Food? -add 1 to score
8	corn -fresh, cooked	7	tofu -fresh, cooked or raw	4	pasta –whole grain, cooked	1	orzo -w/ semolina, cooked
8	figs -dried, raw	7	walnuts -moderation	4	peanut butter (no Trans-fats)	1	pasta -regular, cooked
8	grapes -fresh, raw	7	zucchini -fresh, cooked	4	potato -sweet -fresh, cooked	1	rice –white, cooked
8	mushrooms -fresh cooked / raw	6	artichoke -steamed	4	tortilla -whole wheat	1	soy milk -added sweet, vitamins
8	parsnips -fresh, cooked	6	barley, whole or pearl, cooked	4	veggie-burgers	1	tea -black, regular, brewed
8	peas –snow/regular, cooked	6	beets -fresh, cooked	3	almond milk (no additives)	1	tomato sauce
8	rice -long grain, brown, cooked	6	blackberries -fresh, raw	3	bread, whole grain (yeast)	1	vinegar -all types
8	salad greens, raw, mixed	6	celery -fresh, raw	3	cereal -instant	0	herb flavorings
8	salad mix, spring greens -raw	6	cereal -milled multi-grain, cookd	3	corn chips (organic)	0	horseradish -prepared

0	hot pepper sauces	-2	yogurt -Goats/Sheep's milk	-7	pie –meat (no Trans fats)	-10	monosodium glutamate (MSG)
0	jam or jelly -no sugar added	-2	yogurt -w/ soy milk, sugar	-7	swordfish	-10	MSG (monosodium glutamate)
0	mustard, hot or mild	-3	cheese –Goat's any/all % fat	-7	yogurt -Cow's milk, plain	-10	non-dairy creamers (Trans-fats)
0	olives -ripe or green	-3	cheese –Sheep's any/all % fat	-7	yogurt -Cow's milk, with fruit	-10	partially hydrogenated oils
0	pepper -spice, black or white	-3	coffee -regular, black	-8	cake -frosted	-10	saccharine
0	pepperoncini -pickled	-3	fish, halibut -wild	-8	cream cheese -from Cow's milk	-10	shortening -w/hydrogenated oils
0	relish -commercial	-3	fish, sole -wild	-8	fish –farm raised	-10	trans fats (TFs)
0	salad dressing –olive oil & vinegar	-3	fish, white meat, wild	-8	hard liquors	-10	whey protein (MSG)
0	soy sauce (Tamari) low-sodium	-3	jam or jelly -sugar added	-8	meat -cured	???	blood-type offset
0	wine –cooking uses	-3	pie –dessert (no Trans-fats)	-8	meat -fried (no Trans fats)	???	Stevia (as a sweetener)
-1	beer or ale	-3	potato -French fried in soy oil	-8	meat -ham	???	water –ionized, filtered
-1	catsup -w/sugar	-3	shellfish -scallops	-8	meat -hamburger	???	water –tap, filtered
-1	cereal -dry (sugar added)	-3	shrimp -boiled	-8	meat -hot dog/kielbasa	???	water –tap, unfiltered
-1	chocolate –dark (not milk)	-3	soy hotdogs -fried	-8	meat -sausage/bacon		
-1	cocoa (no trans fats)	-4	butter –lightly spread	-8	milk -Cow's any/all % fat		
-1	egg -chicken, whites	-4	cheese-flavored snacks, cracker	-8	soft drink (hi fructose corn syrup)		
-1	Frozen food? -reduce score by 1	-4	crab	-8	sour cream -from Cow's milk		
-1	juice –fruit or vegetable	-4	eggs -chicken, whole, cooked	-8	yogurt -frozen, w/ Cow's milk		
-1	molasses	-4	lobster	-9	casein (milk protein)		
-1	orange juice	-4	oil –liquid, polyunsaturated	-9	cheese –Cow's any/all % fat		
-1	potato chips -regular	-4	oil –liquid, vegetable, Omega 6	-9	chemical food additives		
-1	salt (not sea salt)	-4	salmon -wild	-9	chocolate milk		
-1	sorbet (non-dairy)	-4	shellfish -clams	-9	chocolate –milk chocolate candy		
-1	syrup – real maple	-4	shellfish -oysters	-9	gelato (from Cow's milk)		
-1	syrup –brown rice	-4	soy cheese (contains casein !)	-9	ice cream (from Cow's milk)		
-1	teas, aromatic	-5	butter -in baked items	-9	lactose -from Cow's milk		
-1	wine -red	-5	catsup -w/ hi fructose corn syrup	-9	meat -antibiotic-fed		
-2	cake -sweet, no frosting	-5	doughnuts (no Trans-fats)	-9	milk -Cow's, condensed		
-2	Canned food? -reduce score by 2	-5	French fries (no Trans-fats)	-9	milk -Cow's, evaporated		
-2	carob candy (no trans fats)	-5	lard as shortening	-9	milk -Cow's, non-fat milk solids		
-2	cookies -no dairy nor trans fats	-5	mayonnaise (no TFs)	-9	milk protein (Cow's)		
-2	honey -fresh, raw	-6	candy bar (no Trans-fats)	-9	pizza -with meat and/or cheese		
-2	milk -Goat's any/all % fat	-6	tuna fish -fresh	-9	shark -cooked or raw		
-2	milk -Sheep's any/all % fat	-6	tuna fish -water pack	-10	any chemically-derived food		
-2	pudding -w/ soy milk, sugar	-7	cream -from Cow's milk	-10	artificial sweeteners		
-2	salad dressing -ranch or similar	-7	fish -that eat other fish	-10	autolyzed yeast (MSG)		
-2	soft drinks (with real sugar)	-7	meat -beef	-10	hi fructose corn syrup		
-2	soup -with meat	-7	meat -chicken	-10	hydrogenated oils		
-2	sugar –cooked in	-7	meat -lamb	-10	hydrolyzed veg. protein (MSG)		
-2	sugar -sprinkled	-7	meat -pork	-10	illegal drugs		
-2	sugar -syrup	-7	meat -turkey	-10	Interesterified oils		
-2	wine -white	-7	milk -Cows, raw, whole, organic	-10	margarine -w/hydrogenated oils		

# Bill's Food Score Table Alpha-Sorted by Food Name

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3 almond milk (no additives)	-2 carob candy (no trans fats)	-4 crab	-10 illegal drugs
9 almonds -raw	7 carrots -fresh, cooked	1 cranberries -cooked/dry w/sugar	-10 Interesterified oils
-10 any chemically-derived food	9 carrots -fresh, raw	-8 cream cheese -from Cow's milk	0 jam or jelly -no sugar added
5 apple - fresh, raw	-9 casein (milk protein)	-7 cream -from Cow's milk	-3 jam or jelly -sugar added
7 apricot -fresh, raw	-5 catsup -w/ hi fructose corn syrup	3 cucumber -fresh, raw	-1 juice -fruit or vegetable
6 artichoke -steamed	-1 catsup -w/sugar	3 dates -dried	9 kale -fresh, cooked
-10 artificial sweeteners	7 cauliflower -cooked	1 decaf -coffee or tea	7 kiwi fruit -fresh, raw
9 arugula -raw	9 cauliflower -fresh, raw	-5 doughnuts (no Trans-fats)	-9 lactose -from Cow's milk
5 asparagus - fresh	4 celery -fresh, cooked	-1 egg -chicken, whites	-5 lard as shortening
-10 autolyzed yeast (MSG)	6 celery -fresh, raw	3 eggplant -fresh, cooked	9 leeks -fresh, cooked
5 avocado -fresh, raw	2 cereal -dry (no sugar)	-4 eggs -chicken, whole, cooked	1 lemon wedge squeezed
5 banana - fresh, raw	-1 cereal -dry (sugar added)	1 exercise: 1 point per ½ hour	10 lentils -green/brown, cooked
6 barley, whole or pearl, cooked	3 cereal -instant	8 figs -dried, raw	1 lime wedge squeezed
7 beans -dry, large	6 cereal -milled multi-grain, cookd	-8 fish -farm raised	-4 lobster
8 beans -dry, small	6 cereal -rolled oats, cooked	-7 fish -that eat other fish	-10 margarine -w/hydrogenated oils
8 beans -green/yellow	8 cereal -whole multigrain, cooked	-3 fish, halibut -wild	-5 mayonnaise (no TFs)
-1 beer or ale	7 chards -fresh, cooked	-3 fish, sole -wild	-9 meat -antibiotic-fed
6 beets -fresh, cooked	-9 cheese -Cow's any/all % fat	-3 fish, white meat, wild	-7 meat -beef
6 blackberries -fresh, raw	-3 cheese -Goat's any/all % fat	-5 French fries (no Trans-fats)	-7 meat -chicken
??? blood-type offset	-3 cheese -Sheep's any/all % fat	-1 Frozen food? -reduce score by 1	-8 meat -cured
8 blueberries -fresh, raw	-4 cheese-flavored snacks, cracker	7 garlic -fresh, raw	-8 meat -fried (no Trans fats)
9 bok choy -fresh, raw	-9 chemical food additives	-9 gelato (from Cow's milk)	-8 meat -ham
1 bread, white (yeast)	7 cherries -fresh, raw	7 ginger -fresh, cooked	-8 meat -hamburger
3 bread, whole grain (yeast)	10 chick peas (garbanzo beans)	4 granola (no trans fats)	-8 meat -hot dog/kielbasa
7 broccoli -fresh, cooked	9 chives -fresh, raw	7 grapefruit -fresh, raw	-7 meat -lamb
9 broccoli -fresh, raw	-1 chocolate -dark (not milk)	8 grapes -fresh, raw	-7 meat -pork
10 brown rice -short grain, cooked	-9 chocolate milk	9 greens -turnip, fresh, cooked	-8 meat -sausage/bacon
7 Brussels sprouts -fresh, cooked	-9 chocolate -milk chocolate candy	-8 hard liquors	-7 meat -turkey
8 buckwheat -cooked	5 cinnamon -ground spice	6 hazelnuts -raw	7 melon -all, fresh, raw
9 burdock (gobo) root	-1 cocoa (no trans fats)	0 herb flavorings	3 milk -almond (no additives)
-5 butter -in baked items	6 coconut (raw)	-10 hi fructose corn syrup	-8 milk -Cow's any/all % fat
-4 butter -lightly spread	-3 coffee -regular, black	-2 honey -fresh, raw	-9 milk -Cow's, condensed
7 cabbage -fresh, cooked	-2 cookies -no dairy nor trans fats	0 horseradish -prepared	-9 milk -Cow's, evaporated
9 cabbage -fresh, raw	3 corn chips (organic)	0 hot pepper sauces	-9 milk -Cow's, non-fat milk solids
-8 cake -frosted	8 corn -fresh, cooked	6 hummus -fresh spread	-7 milk -Cows, raw, whole, organic
-2 cake -sweet, no frosting	7 corn -whole frozen, cooked	-10 hydrogenated oils	-2 milk -Goat's any/all % fat
-6 candy bar (no Trans-fats)	1 couscous -regular, cooked	-10 hydrolyzed veg. protein (MSG)	-9 milk protein (Cow's)
-2 Canned food? -reduce score by 2	4 couscous -whole grain, cooked	-9 ice cream (from Cow's milk)	3 milk -rice (no additives)

-2	milk -Sheep's any/all % fat	6	pepper -red/green, fresh, raw	-4	shellfish -oysters	9	turnip -fresh, cooked
2	milk -soy (no additives)	0	pepper -spice, black or white	-3	shellfish -scallops	4	veggie-burgers
7	miso -used in soup (no MSG!)	0	pepperoncini -pickled	-10	shortening -w/hydrogenated oils	1	vinegar -all types
-1	molasses	-3	pie -dessert (no Trans-fats)	-3	shrimp -boiled	7	walnuts -moderation
-10	monosodium glutamate (MSG)	-7	pie -meat (no Trans fats)	7	soba noodles -cooked	2	water -distilled
-10	MSG (monosodium glutamate)	7	pineapple -fresh cut, raw	-8	soft drink (hi fructose corn syrup)	???	water -Ionized, filtered
8	mushrooms -fresh cooked / raw	2	pizza -veg; <u>no</u> meat, <u>no</u> cheese	-2	soft drinks (with real sugar)	10	water -spring or well (tested)
0	mustard, hot or mild	-9	pizza -with meat and/or cheese	-1	sorbet (non-dairy)	???	water -tap, filtered
-10	non-dairy creamers (Trans-fats)	6	plums / prunes -raw or cooked	8	soup -vegetable/bean	???	water -tap, unfiltered
5	noodles -whole grain	3	popcorn (no Trans-fats)	8	soup -vegetable/mushroom	-10	whey protein (MSG)
6	nuts -Brazil, pecans	-1	potato chips -regular	-2	soup -with meat	6	whole wheat products
4	nuts -cashews	-3	potato -French fried in soy oil	-8	sour cream -from Cow's milk	0	wine -cooking uses
4	nuts -pistachio	4	potato -sweet -fresh, cooked	-4	soy cheese (contains casein !)	-1	wine -red
6	oatmeal -cooked	3	potato -white, baked / cooked	-3	soy hotdogs -fried	-2	wine -white
3	oatmeal -instant	-2	pudding -w/ soy milk, sugar	2	soy milk (no additives)	6	yams -fresh, cooked
6	oil -coconut, extra virgin	9	pumpkin -fresh, cooked	1	soy milk -added sweet, vitamins	-7	yogurt -Cow's milk, plain
5	oil -cod liver -supplement	10	quinoa -cooked as cereal	0	soy sauce (Tamari) low-sodium	-7	yogurt -Cow's milk, with fruit
5	oil- flax seed -supplement	3	radish -fresh, raw	7	spinach -fresh, cooked	-8	yogurt -frozen, w/ Cow's milk
3	oil -liquid, monounsaturated	6	raisins -seedless, raw	7	sprouts -fresh, cooked	-2	yogurt -Goats/Sheep's milk
-4	oil -liquid, polyunsaturated	6	raspberries -fresh, raw	7	squash -summer, fresh, cooked	-2	yogurt -w/ soy milk, sugar
-4	oil -liquid, vegetable, Omega 6	0	relish -commercial	10	squash -winter, fresh, cooked	7	zucchini -fresh, cooked
3	oil -olive, extra virgin	8	rice -long grain, brown, cooked	???	Stevia (as a sweetener)		
3	oil -palm/palm kernel	3	rice milk (no additives)	7	strawberries		
3	oil -sesame, light, cold pressed	10	rice -short grain, brown, cooked	-2	sugar -cooked in		
0	olives -ripe or green	1	rice -white, cooked	-2	sugar -sprinkled		
7	onion -cooked	6	rice -wild, cooked	-2	sugar -syrup		
9	onion -fresh, raw	9	rutabaga -fresh, cooked	-7	swordfish		
-1	orange juice	-10	saccharine	-1	syrup - real maple		
7	orange wedges	0	salad dressing -olive oil & vinegar	-1	syrup -brown rice		
1	Organic Food? -add 1 to score	-2	salad dressing -ranch or similar	8	tangerine wedges -fresh, raw		
1	orzo -w/ semolina, cooked	8	salad greens, raw, mixed	10	tea -green, brewed		
7	papaya -fresh, raw	8	salad mix, spring greens -raw	1	tea -black, regular, brewed		
3	parsley -fresh, raw	-4	salmon -wild	-1	teas, aromatic		
8	parsnips -fresh, cooked	6	salsa- fresh chopped	7	tofu -fresh, cooked or raw		
-10	partially hydrogenated oils	-1	salt (not sea salt)	3	tomato -fresh, ripe		
1	pasta -regular, cooked	2	salt -sea salt	1	tomato sauce		
4	pasta -whole grain, cooked	7	sauerkraut, cooked	5	tortilla -corn		
7	peaches -fresh, raw	9	scallions -fresh, raw	2	tortilla -white flour		
4	peanut butter (no Trans-fats)	10	sea vegetables -kelp, wakame, etc	4	tortilla -whole wheat		
5	peanuts -whole, roasted	6	seeds -sunflower, etc, raw	-10	trans fats (TFs)		
7	pear -fresh, raw	-9	shark -cooked or raw	-6	tuna fish -fresh		
8	peas -snow/regular, cooked	-4	shellfish -clams	-6	tuna fish -water pack		