A POCKET FIELD GUIDE

THE PROVISION DIET.

Simple foods. Clearly organized.

49 foods to enjoy + 5 natural defenses to recognize.

THE IDEA

Choose foods that do not chemically defend the portion being eaten. Preparation and context still matter.

charlesyarbrough.com/the-provision-diet

FRUIT

GRAINS

VEGGIES

SEEDS

01

Vegetables

01 Bell pepper
02 Ripe tomato
03 Asparagus
04 Lettuce
05 Green peas
06 Spinach
07 Onion
08 Green beans
09 Broccoli
10 Cabbage
11 Brussels sprouts
12 Kale

02

Fruits

01 Watermelon
02 Cantaloupe
03 Grapes
04 Blueberries
05 Strawberries
06 Apple
07 Pear
08 Peach
09 Plum
10 Cherry
11 Banana
12 Orange
13 Avocado
14 Coconut
15 Olives

03

Grains, starches, nuts & seeds

01 Rice
02 Oats
03 Corn
04 Wheat
05 Barley
06 Sweet potato
07 Macadamia
08 Pecan
09 Walnut
10 Hazelnut
11 Pistachio
12 Peanut
13 Sunflower seeds
14 Pumpkin seeds

04

Broad categories

01 Coffee
02 Dairy
03 Eggs
04 Meat
05 Common fish & seafood
06 Common edible mushrooms
07 Tea
08 Matcha

Physical shells, husks, pits, pods and skins do not automatically exclude a food. Caffeine is an intentional exemption.

Natural defenses, with context.

The risky part, preparation and dose matter. Read the whole note.

01

Cashews - in the shell

ANACARDIC ACID + CARDOL

The irritating oil is mainly in the shell. Commercial processing removes it; store-bought cashew kernels are not the same as raw cashews in their shells.

Source: pmc.ncbi.nlm.nih.gov/articles/PMC11577424/

02

Red kidney beans - raw or undercooked

PHYTOHAEMAGGLUTININ (LECTIN)

Raw or undercooked beans can cause severe vomiting and diarrhea. Soak, then boil vigorously; a slow cooker may not reach a high enough temperature.

Sources: who.int | fda.gov/food/chemical-contaminants-pesticides/natural-toxins-food

03

Potatoes - green, sprouted or bitter

SOLANINE + CHACONINE

Levels rise in sprouts, eyes and green skin. Cooking does not reliably remove them. Fresh non-green potatoes are low-risk; sweet potatoes are unrelated.

Source: poison.org/articles/are-green-potatoes-safe-to-eat-191

04

Cassava - improperly prepared

CYANOGENIC GLYCOSIDES

Can release cyanide. Peel and fully cook cassava; some varieties need additional traditional processing. Cooking alone is not reliable for every cassava product.

Source: foodstandards.gov.au/consumer/prevention-of-foodborne-illness/cassava

05

Bitter almonds + apricot kernels

AMYGDALIN / CYANOGENIC COMPOUNDS

Chewing or grinding can release cyanide. Ordinary sweet almonds are different, and apricot flesh does not carry the kernel's risk.

Source: fda.gov/food/chemical-contaminants-pesticides/natural-toxins-food

A FRIENDLY REMINDER This guide is general food-safety information, not medical advice. Updated 2026