

Apples
Cherries
Celery Saladri
Corn Jagung
Cucumbers Mentimun
Dried beans cooked Kacang-kacangan
(Chickpeas, Red Kidney beans, Urad, Moong,,)
Fish Ikan
Grapes Anggur
Honey Madu
Leafy vegetables Sayuran(Spinach, Mustard greens, Lettuce,
Endives)
Nuts and seeds Kacang-kacangan (Almonds, Peanuts, sunflower
seeds, flaxseeds)
Oranges
Pumpkin Lawu
Raw Cabbage Gubis mentah
Root vegetables (Beets, Carrots, Garlic, Ginger, Onions, Potatoes,
Sweet potatoes, Fresh Turmeric)
Seafood
Soybeans, Tofu (tahu). Kedelai
Strawberries
Tomatoes
Whole-grains (Brown Rice, Roti made of whole-grain wheat flour)