Foods That Create Mucus
- corn
- corn oil
- milk
- cottage cheese
- yogurt
- syrup
- jams and jellies
- ice cream
- cookies
- butter
- cereals
- pies
- ghee
- chips
- bread
- pretzels
- deep-fried foods
- soy
- safflower & sunflower oil

Foods That Eliminate Mucus
- cauliflower
- garlic
- celery
- asparagus
- bamboo shoots
- onions
- lemons
- limes
- grapefruit
- oranges
- pineapple
- green vegetables
- Kumquat
- ginger
- RawForBeauty.com