

	Avoid	Limit	Chose	Chose
CATEGORY	STRONG ACIDIC	MEDIUM ACIDIC	MEDIUM ALKALINE	STRONG ALKALINE
FRUITS	PRUNES SOUR PLUMS CANNED FRUITS AND JUICES	SOUR CHERRIES RHUBARB	BANANAS AVOCADOS CHERRIES MELONS DATES (soaked) APPLES KIWI PAPAYA PEACHES FIGS BLUBERRIS BLACKBERRIES -sweet	WATER MELONS PINE APPLE
VEGETABLE, BEANS AND LEGUMES		POTATOES (WITHOUT SKIN) LIMA BEANS PINTO BEANS NAVY BEANS KIDNEY BEANS GARLIC	SPINACH CARROT MUSHROOMS CABBAGE PEAS POTATOES WITH SKIN OKRA GREEN BEANS LETTUCE ZUCCHUNI	ASPARAGUS ONIONS PARSLEY BROCCOLI CORIANDER LEAVES RAW SPINACH ASH GOURD BOTTLE GOURD RIDGE GOURD All gourd veggies are excellent – ghiya, tori,

			SWEET POTATOES	tindeetc WHEAT GRASS
GRAIN AND CEREALS	WHITE FLOUR	WHITE RICE BUCK WHEAT	BROWN RICE BROWN BREAD	
OILS	SESAME OIL MUSTARD OIL	SUNFLOWER OIL CORN OIL	FLAX SEED OILS HEMP SEEDS	OLIVE OIL
MEAT	PORK SELFISH	TURKEY LAMB BEEF CHICKEN COLD WATER FISH		
EGGS AND DAIRY PRODUCTS	HIGH FAT MILK CHEESE CUSTARD ICE CREAM	RAW MILK	BUTTER MILK COTTAGE CHEESE GOAT MILK YOGURT EGGS WHEY	
NUTS AND SEEDS	PEANUT WALNUT	CASHEWS PISTACHIOS PECANS	CHEST NUT PUMPKIN SEEDS SUNFLOWER SEEDS	
BEVERAGES	LIQUIR SOFT DRINKS ALL KIND OF PACKED AND PROCESSED JUICES	TEA GINGER TEA COFFEE WHITE WINE RED WINE	GREEN TEA	COCONUT WATER
OTHERS	PASTA PASTRIES MAGGIE			

	BUSCUITS MADE FROM WHITE FLOUR WHITE SUGAR PACKED NAMKEEN BURGER PIZZA CHOCOLATES CHIPS FRIED FOOD ITEMS NOODLES FROZED AND FAST FOODS			
--	--	--	--	--