

ARTHRITIS AND RHEUMATISM DIET

No refined grains, sugars, pasta
No salt, baked goods, or processed cereals
No preserved foods
No coffee, black tea
Limited meats, sweets, dairy products, and alcohol
Less than 20% acid-forming foods (see acid ash positive list)
60% raw foods

If weight loss is more than 10% of total body weight, add more bulk forming foods (see bulk-forming foods list)

BREAKFAST:

1 tablespoon apple cider vinegar and 1/2 tablespoon unpasteurized honey in 1/2 cup warm water. Fruit meal — a little yogurt can be added. It is preferred to have one type of fruit only, ie. 1/2 melon with yogurt or a grapefruit with yogurt, etc.

MORNING SNACK:

(if desired)

Piece of fruit or piece of vegetable, ie. carrot sticks or celery or vegetable broth; cottage cheese or yogurt.

LUNCH:

Major part of meal should be a green salad, soup or vegetables can also be eaten.

AFTERNOON SNACK:

Similar to morning snack.

SUPPER:

Big salad, variety of cooked vegetables, a casserole, grain (millet or buckwheat preferably), a little white meat (chicken or fish).

EVENING SNACK:

Same as morning snack, Drink plenty of water.



ACID ASH FOODS

Beef
 Pork *
 Liver
 Lamb
 Veal
 Ham *
 Poultry (all)
 Fish (most all)
 Shellfish *
 Eggs (whole)
 Buttermilk
 Yogurt
 Bran
 Wheat Germ
 Rice (white)
 Most Whole Grains
 Cooked Prunes (no sugar)
 Most Nuts (except Almonds & Brazils)
 Natural Cheese
 Lentils
 Cooked Tomatoes (no sugar)
 Cooked Rhubarb (no sugar)
 Coffee (black only)
 Tea (no sugar)
 Soy Beans
 Dried Peas
 Dried Beans

ALKALINE ASH FOODS

Dates, Figs
 Honey, Molasses
 Maple Syrup
 Raisins
 Pumpkin, Squash
 Tomatoes (fresh)
 Apples, Grapes
 Currants, Peaches
 Pears, Pineapple
 Plums, Melons
 Bananas, Cherries
 Apricots, Cantaloupe, Watermelon
 Lemons, Limes, Oranges, Grapefruit
 Brown Rice
 Millet
 Buckwheat
 Almonds, Brazil Nuts
 Potatoes (baked)
 White Sugar *
 Brown Sugar *
 Jams, Jellies *
 Macaroni *
 Oily Nuts *
 White Flour *
 Spaghetti *
 Cereals (processed) *
 Candy, Cakes, Pastries *

Peanuts *
 Pies, Ice Cream *
 Popcorn

BULK FORMING FOODS (NEUTRAL)

Asparagus, Celery
 Collards, Cabbage
 Lettuce, Beet Tops
 Endive, Broccoli
 Green Peas, Beans
 Water Cress, Chives
 Cucumbers, Mustard
 Garlic, Kale
 Eggplant, Onion
 Radish, Spinach
 Green Pepper
 Okra, Sorrel
 Romaine, Leek
 Peppermint
 Green Corn
 Escarole
 Dandelion
 Kohlrabi
 Artichokes
 Parsley
 Beets, Carrots
 Parsnips, Turnips
 Rutabagas
 Root Celery
 Mushrooms
 Avocado
 Butter
 Olive Oil
 Cottage Cheese
 Brussels Sprouts

THOSE FOODS MARKED WITH AN
 ASTERISK (*) NOT RECOMMENDED FOR
 USE AT ANY TIME.

