

Appendix chapter 2:

Preventing acidification

General advice

- Avoid refined grains, white flour, white bread, sugars and hidden sugars (in jam, biscuits and especially in soft drinks), beef and pork, hard cheeses, bad fats, coffee, alcohol, tobacco and chemical medicines. These cause too much acidification in the body. Also limit the use of preservatives
- Basic nutrition and base-forming foods never give problems and it is best to eat more of them daily. These are mainly all vegetables and fresh non-acidic fruit.
- Sprouts, soybeans, apricots, cucumber, black radish, chestnuts, dried figs and leaves of dandelions are basic foods that can be properly processed in daily dishes.
- Make sure to have a mineral-rich diet: bananas, grapes, potatoes in the peel, melons, pumpkins, pears, green vegetables, sprouted seeds, seed shoots, seaweeds. An additional mineral supplement might be necessary.
- Avoid where possible artificial sweeteners, for example, saccharin, aspartame and cyclamate.

No less than 80% of your diet should consist of the following basic foods:

Fruit Apricot Pineapple Apple Avocado Banana Berries (all types) Cantaloupe melon Lemon Dates Grapes Grapefruit Honey melon Cherries Currants Lime Mandarin Nectarine Pear Peach Orange Tomato Tropical fruit Figs Watermelon	Vegetables Alfalfa Endive Artichoke Asparagus (green) Bamboo shoots Beetroot Leafy vegetables Cauliflower Kale Broccoli Mushrooms Chili Chlorella Chicory Zucchini Peas (fresh) Fermented vegetables Barley grass Vegetables belonging to the nightshade family Kelp Sprout vegetables (all types, such as bean sprouts) Garlic Coconut (coconut milk)	Nuts and seeds Almonds Millet Cumin seed Linseed Pumpkin seeds Sesame seed Sweet chestnuts Fennel seed Sunflower seeds	Proteins Cottage cheese Eggs Chicken breast Milk whey / whey powder Tempeh Tofu Yogurt
		Cereals & Legumes Millet Soybeans Spelt	Drinks Water Ginseng tea Green tea Vegetable juice Herbal tea Fresh fruit juice
		Bread and flower Soy flour Spelt Bread	Miscellaneous Apple cider vinegar Bee pollen Kombucha Lecithin powder Mineral water Prebiotic cultures Raw organic milk
Sugar substitutes Stevia	Cucumber Kool Kohlrabi Rutabaga Turnip Horseradish	Herbs and spices all herbs Chili Ginger Cinnamon Curry Miso Mustard Tamari / Shoyu Sea salt	

	Vegetables Olives (ripe, so black) Bell pepper Parsnip Parsley Pumpkin Leek Radish Beetroot Celery Lettuce Chard Green beans Spinach Spirulina Brussels sprouts Wheatgrass Cress Onions Wakame Watercress Wild vegetables Carrots Seaweed (different species)		Dairy substitutes Goats cheese Goats milk Tofu
--	---	--	--

No more than 20% of your diet should consist of the following acidic foods:

Fruit and vegetables White asparagus Processed vegetables Cranberries Fruit in syrup Marinated vegetables Genetically manipulated, dried, roasted and sweetened fruit. Genetically engineered, dried, roasted and sweetened vegetables. Vegetables, fruit and olives in tin or pot Potted fruit Pickled vegetables	Nuts and seeds Cashew nuts Roasted nuts Salted nuts Brazil nuts Pecans Peanut butter Peanuts Tahin (sesame paste) Walnuts	Meat, poultry and fish Duck Venison Veal Turkey Chicken Lamb Beef Mutton Pork Fish (salmon and tuna) Seafood (crab, lobster, shrimp, cockles, mussels and oysters)	Dairy Butter Eggs and egg products Cheese (all kinds) Milk
Cereals & Legumes Amaranth Bookweed Peas Barley Cereals & Legumes Oats Kamut Lima beans Lentils Corn Quinoa Red beans Red kidney beans	Bread and flour Corn (processed) Corn flour Cornstarch Breakfast cereals Bread and Flour Pasta (macaroni, spaghetti etc., except spinach paste and spelled pasta). Pitta bread Rye bread Rye flour White bread	Fats and oils Avocado Rapeseed oil Corn oil Margarine Olive oil Safflower oil Sesame oil Pig fat Sunflower oil	Sauces Vinegar Dressings Ketchup Mayonnaise Mustard Soy sauce

Rye Rice (brown, white and wild) Rice milk Rice waffles Soybeans Soy milk Spelt Split peas Wheat White beans Black beans	Sweets Cake Chocolate Cookies Sugar (both white and raw sugar) Sugar substitutes / Sweeteners pie	Miscellaneous potatoes Wheat sprouts	Drinks Processed juices (from concentrated juice) Beer Fizzy drink Coffee Sports drink Liquor Wine Black tea
--	---	---	---