



DIETARY RECOMMENDATIONS

Acid Food Plan

The following dietary recommendations are general guidelines to proper nutrition for your present metabolic condition. Due to individual biochemical variations, your health care professional may suggest additional or alternative recommendations.

The blood and urine analysis indicates that you have an acid metabolic condition. This evaluation reflects a relative acidosis because the blood is normally maintained in an alkaline state. A person with an acid metabolic condition should emphasize the consumption of alkaline forming foods in his/her diet. Recommended portion, by volume: **60-70% alkaline forming foods; 30-40% acid forming.** It is important to realize that **some acid formation is necessary** to generate metabolic activity.

Listed below are some of the acid and alkaline forming foods (both healthy and unhealthy variations). These categories are based on the body's reaction to a moderate amount of each. Excess amounts may produce the opposite effect. **These lists are not intended to provide dietary recommendations,** but to clarify the chemical effect of the food consumed. An actual plan, including menus and recipes, can be found further along in this dietary section of the report.

Acid Producing Foods (from the least potent to the most potent)

| | | | |
|--------|-------|----------|---------------------------|
| grains | pasta | eggs | most chemicals and drugs |
| beans | fish | dairy | sugar, saccharin, sweet |
| tofu | fowl | red meat | tobacco, soft drinks, pop |
| tempeh | nuts | vinegar | most alcoholic beverages |

Alkaline Producing Foods (from the least potent to the most potent)

| | | |
|-------------------------|-----------------------|---|
| miso | natural yeast | fruit and fruit juices (quantity dependent) |
| seeds | sea salt | mineral and soda water |
| sprouts | soy sauce | natural wine and beer (in moderation) |
| seaweed; sea vegetables | most spices and herbs | |

- **Alkaline Forming Vegetables:**
- leafy green vegetables (watercress, spinach, kale, etc.)
- root vegetables (carrots, turnips, onions, etc.)
- ground vegetables (cauliflower, squash, cucumbers, etc.)

General Dietary Guidelines:

- increase consumption of fruits and vegetables
- decrease consumption of refined and other processed sugars
- decrease consumption of foods high in saturated fat (eggs, meat and dairy products)
- decrease consumption of butterfat, eggs and other high-cholesterol sources
- carefully watch consumption of salt and foods high in salt content
- avoid artificially colored, sprayed, chemically preserved foods
- limit consumption of coffee, black tea, or other stimulating beverages
- moderate alcohol intake
- use natural or whole food products whenever possible
- consume between 6-8 glasses of water per day