



# DIETARY RECOMMENDATIONS

## Balanced 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 a balanced metabolic condition. The blood is normally maintained in a slightly alkaline state. A person with a balanced metabolic condition should consume a balance of alkaline and acid forming food in approximately equal proportions. Recommended portions: 50% acid forming foods and 50% alkaline forming foods. It is important to realize that some acid and alkaline formation is necessary to generate metabolic activity.

Listed below are some of the acid and alkaline foods both healthy and unhealthy variations. These categories are based on the bodies' reaction to a moderate amount of each. Excess amounts may cause the opposite effect. These lists are not intended to provide dietary recommendations, but to clarify the chemical effect of the food consumed.

### Acid producing foods (from least potent to most potent):

Grains	Pasta	Eggs	Most chemicals and drugs
Beans	Fish	Dairy	Sugar, saccharin, sweets
Tofu	Fowl	Red meat	Soft drinks, pop
	Nuts	Vinegar	Most alcoholic beverages

### Alkaline producing foods (from least potent to most potent):

Fruits and fruit juices (quality dependent):		
Miso	Natural yeast	
Seeds	Sea salt	Mineral and soda water
Sprouts	Soy sauce	Natural wine and beer (in moderation)
Seaweed and sea vegetables	Most spices and herbs	Coffee, tea (in moderation)

### Alkaline forming vegetables:

- Leafy green vegetables (Watercress, Spinach, Kale, etc.)
- Root vegetables (Carrots, Turnips, Onions, etc.)
- Ground vegetables (Cauliflower, Squash, Cucumber, etc.)

### General Dietary Guidelines:

- Increased 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
- Low to no alcohol intake, especially hard liquor
- Use natural or whole food products whenever possible