

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
Fork *
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.