

LIFE SPAN FOOD CHOICES

BEVERAGES	PROTEINS	FATS	CARBOs	FRUITS	VEGETABLES
1st CHOICE	1st CHOICE	1st CHOICE	1st CHOICE	1st CHOICE	1st CHOICE
Carbon-filtered water Fresh vegetable juice Ginger water Bancha tea Grain coffee Herbal teas Spring water Seep-well water	Protein peptide powders Hunted fish Lentils Beans Duck Quail Wild game Goat Sheep Lamb Guinea hen Muscovy duck Whole grains Spirulina plankton	Olive oil Ghee Butter Sesame oil Flaxseed oil	Brown rice Wild rice Amaranth Millet Artichoke Quina Tapioca Milo - tofu Tempeh Spelt Kamet Teff Sunflower seeds Sesame seeds Pumpkin seeds	Peach Pear Cherries Berries Avocado Papaya Guava Persimmon Pomegranate Rhubarb Prune Apple Figs	Daikon - Burdock Red radish Squash Chinese cabbage Turnips Shiitake mushrooms Lotus root Ginger Green beans Carrots Collards Kale Spinach Artichoke Asparagus-beets Brussel sprouts Broccoli Cauliflower Celery-cucumber Garlic-okra Peas-cabbage
2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE	2nd CHOICE
Bottled spring water Bottled deep well water Mineral water Fruit teas Grapefruit juice Apple juice Soy milk, diluted Rice milk, diluted Sheep's milk Goat's milk Buffalo's milk Green teas	Chicken Turkey Shellfish Cornish hen Egg	Safflower oil Sunflower oil Soybean oil Avocado oil Canola oil	Rye Buckwheat Oats Potato Barley Yam	Lemon Lime Raisins Watermelon Kiwi Grapefruit Cantaloupe Banana	Romaine lettuce Iceberg lettuce Boston lettuce Onion Red peppers Green peppers Eggplant Tomato Mushrooms
3rd CHOICE	3rd CHOICE	3rd CHOICE	3rd CHOICE	3rd CHOICE	3rd CHOICE
Skim milk, cow Low fat cow's milk Light diet sodas (7up, etc.) Grape juice Cranberry juice Orange juice Coconut juice Nut milks, diluted Salted vegetable juice	Beef Veal Pork Cultured fish	Corn oil Cottonseed oil	Wheat Corn White rice Cashews Brazil nuts Chestnuts Pecans Peanuts Walnuts Almonds	Orange Pineapple Coconut Strawberries Grapes Honeydew Mangoes Dates Polished fruits Dried fruits	None
AGING OXIDANTs	AGING OXIDANTs	AGING OXIDANTs	AGING OXIDANTs	AGING OXIDANTs	AGING OXIDANTs
Coffee Chocolate drinks/shakes Dark sodas Alcohol Tea (common black)	Deli meats Highly-processed meats Highly-spiced meats	Margarine Vegetable shortening Animal fats Cholesterol-free fatty foods	Sugar	None	None

Food & chemical effects on acid/alkaline body chemical balance

EAT TO THE LEFT OF THE LINE

IF YOU EAT TO THE RIGHT OF THE LINE, STAY LEFT; NO CRAVED FOODS: SWEETS, DAIRY, WHEAT

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	More Acid	Most Acid
Baking Soda	Spices/Cinnamon Sea Salt	Herbs (most)		Spices/Herbs Preservatives Beverages	Curry	Nutmeg	Most Acid Pudding/Jam/Jelly
Mineral Water	• Kambucha Molasses Soy Sauce	• Green or Mt. Tea Rice Syrup Apple Cider vinegar	Ginger Tea • Umehoshi vinegar	Sweeteners Vinegar	Rice vinegar	Saccharin	Beer Yeast/Hops/Malt Sugar/Cocoa White/Acetic vinegar
• Umehoshi plums			• Algae, Blue-Green • Ghee (clarified butter)	Therapeutics	Cream (diluted) Butter (moderate) Yogurt, plain Goat (moderate)/ Sheep Cheese	<i>Antihistamines</i> Casein, milk, protein, cottage cheese New Cheeses Soy Milk	<i>Antibiotics</i> Processed Cheese Ice Cream
		• Quail Eggs	• Duck Eggs	Processed Dairy Cow/Human Soy Goat/Sheep	Chicken Eggs		
				Eggs Meat Game Fish/Shell Fish	Gelatin/Organs/meat • Venison Fish		• Game meat Lamb/Mutton Pork/Veal Bear/Frog's Legs • Mussels/Squid Chicken • Pheasant
Pumpkin seed	Poppy Seed Chestnuts Pepper	Primrose Oil Sesame seed Cod Liver Oil Almonds • Sprouts	Oats Grain coffee • Quinoa (KEEN-WAI) Wild Rice Japanese Rice Avocado Oil Seeds (most) Coconut Oil Olive Oil Linseed/Flax Oil	Fowl Grains Cereal Grass Nuts Seeds/Sprouts Oils	Wild Duck • Triticale Millet Kasha • Amaranth Brown rice, organic Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nuts Canola Oil		Maize Barley oats Corn Rye Oat Bran Pistachio Seed Chestnut Oil Lard Pecans Palm Kernel Oil
Lentils Broccoli • Seaweed Nori/Kombu/Wakame Hijiki/Watercress Onion/Miso • Daikon/• Taro root • Sea Vegetables (other) • Burdock/Lotus root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Green Ginger Root Broccoli, organic	Potato/Bell Paper Mushroom/Fungi Cauliflower Rutabaga • Salsify/• Ginseng Eggplant Pumpkin Collard Green	Brussel Sprout Beet Chive/Cilantro Cabbage Celery Okra/Cucumber Turnip Greens Squashes Lettuces Jicama	Beans Vegetables	Spinach Fava Beans Kidney Beans Black-eyed Peas		Green Pea, split Peanut Snow Pea
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus • Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry	Legume Pulses Roots	String/Wax Zucchini Chutney Rhubarb		Legumes (other) Carrots Chick-pea
			• Grape • Strawberry	Citrus Fruits Fruits			Plum Prune Tomatoes Cranberry Pomegranate

• Therapeutic, gourmet, or exotic items

Italicized items are not recommended.

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Sources including USDA food data base (1999), p. 10. *Food & Nutrition Encyclopedia*, Nutrition Applied Personally, by M. Walezak, *Acid & Alkali* by H. Alhara.
Food growth, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. IRIS 7961

BASIC FAT GROUPS

There are three primary fatty acid types: saturates, monounsaturates, and polyunsaturates. All foods contain a mixture of all types of fatty acids, but one usually predominates. The predominant fatty acid determines how fats are classified.

Here are the fats:

Saturates

Animal sources: Pork, lamb, and beef fats (lard, tallow, suet) organ meats, full-fat dairy products such as whole milk, cream cheese, ice cream, and butter.

Vegetable sources: Coconut oil, cocoa butter, palm oil, and palm-kernel oil, found in commercially prepared baked goods, pie fillings, nondairy cream substitutes, and fast-food preparation.

Monounsaturates

Vegetable, legume, and seed sources: Olive oil, avocado, peanut, and canola oil. (Canola oil is similar to rapeseed oil, the most popular cooking oil in eastern Europe, China, India, and Canada.)

Polyunsaturates (Omega-3)

Animal sources: Mother's milk, marine oils from salmon, mackerel, herring, cod, sardines, rainbow trout, shrimp, oysters, halibut, tuna, sablefish, bass, flounder, and anchovies; cold-water fish such as trout and crappie.

Vegetable sources: Flaxseed, hemp seeds, soybeans, walnuts, wheat germ, wheat sprouts, fresh sea vegetation, leafy greens.

Polyunsaturates (Omega-6)

Animal sources: Mother's milk, organ meats, lean meats.

Vegetable sources: Safflower, sunflower, corn, soy, cottonseed, sesame, raw nuts and seeds, legumes, spirulina, leafy greens.

Botanicals: Borage, evening primrose, black currant seeds, and gooseberry oils.

GLYCEMIC INDEX

A. Rapid Inducers of Insulin

Glycemic Index greater than 100%

Puffed rice
Corn Flakes
Puffed Wheat
Maltose
French baguette
Millet
Instant white rice
40% Bran Flakes
Rice Krispies
Weetabix
Tofu ice cream substitute

Glycemic Index = 100%

Glucose
White bread
Whole wheat bread

Glycemic Index between 90-100%

Grape Nuts
Carrots
Parsnips
Barley (whole meal)
Muesli
Shredded Wheat
Apricots
Corn chips

Glycemic Index between 80-90%

Rolled oats
Oat bran
Honey
White rice
Brown rice
Bananas
White potatoes
Corn
Rye (whole meal)
Shortbread
Ripe bananas
Ripe mangoes
Ripe papayas

Glycemic Index between 70-80%

All-Bran
Kidney beans
Wheat (coarse)
Buckwheat
Oatmeal cookies

B. Moderate Inducers of Insulin

Glycemic Index between 60-70%

Raisins
Mars candy bar
Spaghetti (white)
Spaghetti (whole wheat)
Pinto beans
Macaroni
Rye (pumpernickel)
Bulgur
Couscous
Wheat kernels
Beets
Apple juice
Applesauce

Glycemic Index between 50-60%

Peas (frozen)
Sucrose
Potato chips
Yams
Barley
Custard
Dried white beans
Green bananas
Lactose

Glycemic Index between 40-50%

Sweet potatoes
Rye (whole grain)
Oatmeal (steel cut)
Sponge cake
Butter beans
Grapes
Oranges
Orange juice

Glycemic Index between 40-50%

Navy beans
Peas (dried)
Bran
Lima beans

C. Reduced Insulin Secretion

Glycemic Index between 30-40%

Apples
Black-eyed peas
Chickpeas
Ice cream
Milk (skim)
Milk (whole)
Yogurt
Tomato soup
Pears
Fish sticks (breaded)

Glycemic Index between 20-30%

Lentils
Fructose
Plums
Peaches
Grapefruit
Cherries

Glycemic Index between 10-20%

Soybeans
Peanuts