

ACID-ALKALINE FOOD CHART

An Explanation For The Reverse Side

This complete chart is the key to a rational, scientific diet. You need not study food chemistry or be concerned about what you eat if you follow these instructions and the chart on the reverse side.

Science has divided foods, like chemicals, into two classes:

Alkaline-forming, or practically safe foods to eat, and
Acid-forming, the somewhat dangerous foods to eat.

Your Eating Habits and The 'Eighty-Twenty' Rule:

Do you eat over 80 per cent in alkaline foods, of mainly fruits and vegetables? If so, these foods, rich in organic mineral salts and vitamins preserve the normal alkalinity of the blood, and you do not need to think about diets. This is the all encompassing key to balancing food intake. Remember always to eat plenty of health-promoting items, especially when you do eat acid-formers, such as meat, cheese, nuts, grains, et cetera. Because these items are acid-forming is no reason to exclude them entirely—but use them judiciously and in the correct balance, so that they yield the greatest good to your body.

Gland tone means perfect health. Glands feed mainly upon body secretions, and the healthy body must have living mineral and alkaline elements in the main. Fruits should predominate at breakfast. For lunch, fruit or vegetables with a possible alkaline dairy product. At dinner, vegetables, especially salads. Use cereal products sparingly; proteins, fats, sweets, moderately. Have only wholegrain goods.

Fruits are not really laxative; they merely help produce digestive juices which promote good elimination, while their high water content keeps the bowels moist and soft. really a normal condition. Protein, starch, sugar and fats leave acid reactions. Thus an alkaline diet diminishes acidity of the urine by neutralizing and absorbing normal body acids. It also forms a reserve of bicarbonates, which help to maintain neutrality; you are aiding your body to overcome the bad effects of acid foods you do eat. The only other food knowledge you need is harmonious combination, which is available in any modern health work.

The average person can be safe on an 80% alkaline to 20% acid proportion. Watch yourself. Plan your meals to follow this valuable acid-alkaline chart, the most complete, simple and up-to-date in existence. However, don't make a fetish of this regimen, but observe it in a rational manner. Even if you do eat an all-acid meal, make your next two or three all-alkaline, and don't worry about it:

Please note that because a fruit is "acid" is no indication that its reaction is the same in the body, because it really may be alkaline. Honey and raw sugars yield alkaline ash, but on account of the high concentrate of sugar, become acid-formers. Rhubarb with raisins or dates is very good.

Good General Health is Much More Than What You Eat

Lastly, to maintain a perfect condition, observe general health rules. Rest and sleep are alkaline builders. So to is exercise, fresh air, pleasure, laughter, conversation, enjoyment - even love.

Acidifiers are worry, fear, anger, gossip, hatred, envy, "crabbing", selfishness, and even silence - also love-hunger. Here's health to you, and a fulfilled life to enjoy it!!

Think it over:

**Physically... we are what we eat.
Mentally... we are what we think.
Spiritually... we are what we believe.**

ACID-ALKALINE FOOD CHART

Magnet a copy to the fridge for a quick shopping list reference.

*Capitals in the Alkaline section indicate foods with a slight acidity.

ACID CEREALS:	ACID MISCELLANEOUS:	ALKALINE NUTS:	ALKALINE FRUIT:
All flour products Barley Breads, all kinds Buckwheat Cakes Corn, cornmeal, cornflakes, starch & hominy Crackers, all Doughnuts Dumpling. Grape nuts Macaroni and spaghetti Noodles Oatmeal Pies & pastry Rice Rye-krisp	All alcoholic beverages Candy and confectionery Coca-Cola Cocoa and chocolate Coffee Condiments -e.g. curry, pepper, salt, spices Dressings and thick sauces Drugs and aspirin Eggs, especially whites Flavourings Ginger, preserved Jams & jellies. Marmalades Mayonnaise Preservatives - e.g. Benzoate, Sulphur, Vinegar, Salt, Brine, Smoke. Sago (starch) Soda water Tapioca (starch) Tobacco, juice snuff, smoke Vinegar Lack of sleep Overwork Worry	Almonds Chestnuts, roasted Coconut, fresh	Apples and cider Apricots Avocados Bananas (speckled only) Berries (all) Breadfruit Cactus Cantaloupe Carob, pod only Cherimoyas Cherries Citron
ACID DAIRY PROD.:		ALK. VEGETABLES:	*CRANBERRIES
Butter Cheese, all Cottage cheese Cream, ice cream, ices Custards Milk, boiled, cooked or pasteurized, malted dried, canned	Cauliflower, & Celery, entire Chard Chicory & Chives Collards Cowslip Cucumber Dandelion greens Dill Dock, green Dulse (sea lettuce) Eggplant Endive Escarole Garlic Horseradish, fresh Jerusalem Artichoke Kale Kohlrabi Leek Legumes, except peanuts & lentils Lettuce & romaine *MUSHROOM (most vars.) Okra Onions Oyster plant Parsley Parsnips Peppers green or red Potatoes (all vars.) Pumpkin Radish Rhubarb (oxalic acid) Rutabaga (Swede) Salsify Sauerkraut (lemon only), Shallots Sorrel *SOY BEANS Soy bean extract Spinach Squash Taro, baked 'Turnips & tops Water chestnut Watercress	Cumquats Currants Dates Figs Grapefruit Grapes Guavas Lemons, ripe Limes Loquats Mangoes Melons. all Nectarines Olives, sun-dried Oranges Papayas Passion-fruit Peaches Pears Persimmons Pineapple, fresh if ripe *PLUMS Pomegranates Pomelo's *PRUNES & JUICE Quince Raisins Sapotes Tamarind Tangerines (Mandarins) Tomatoes	
ACID FLESH FOODS:	ALKALINE CEREALS:		NEUTRAL FOODS:
All meat, fowl and fish Beef tea Fish, shellfish, all Gelatine & Gravies	Corn, green (1 st . 24 hrs)		Cotton seed, peanut Fats, lard and other greases Oil, Olive, Corn, Soy, Sesame, Grape seed, etc.
ACID FRUITS:	ALKALINE DAIRY PRODUCTS:		
All preserved or jellied Canned, sugared Dried sulphured Glazed fruits Raw, with sugar Bananas, if green tinge Cranberries Olives, pickled, green	Acidophilus Buttermilk Koumiss Milk raw (human, cow or goat) Whey Yoghurt		
ACID NUTS:	ALKALINE FLESH FOODS:		
All nuts, Moreso it roasted Coconut, dried Peanuts	None (blood and bone only are alkaline forming)		
ACID VEGETABLES:	ALKALINE MISCELLANEOUS:		
Artichoke. Asparagus tips, white Beans, all dried Brussels sprouts Garbanzos Lentils Rhubarb	Agar Alfalfa products Coffee substitutes Ginger dried, unsweetened Honey Kelp (edible) Teas, unsweetened – all desert and mate, alfalfa, clover, mint, oat, oriental, sage, strawberry Yeast cakes		NOTE: PLEASE SEE THE OTHER SIDE FOR A COMPLETE EXPLANATION.