

## The World's Easiest Diet

***Supercharge your Diet*** with this easy to follow program. The human body functions best at an optimum pH of 7.35 (alkaline).\* Most individuals will choose to reduce and not eliminate all acid foods.

The foods should be balanced at a 70/30 ratio.

### Acid/Alkaline Foods

70%

30%

#### **Alkaline-Ash Foods**

*Foods that may be eaten freely*

All fresh fruits, All raw vegetables,  
All Sprouts, Apples, Beets & Greens,  
Apricots, Broccoli, Avocado, Brussel  
Sprouts, Bananas, Cabbage  
Blackberries, Cauliflower,  
Blueberries, Celery, Cantaloupe,  
Collard Greens, Cherries,  
Cucumbers, Corn (fresh), Dulse,  
Dates, Green Beans, Figs (fresh),  
Green Limas, Grapes, Green Peas,  
Grapefruit, Green Soy Beans,  
Honeydew, Kale, Leechee Nuts,  
Kelp, Lemons, Leaf Lettuce, Limes,  
Millet, Mushrooms, Maple Syrup,  
Mustard Greens, Mangoes, Okra,  
Molasses, Onions, Nectarines,  
Parsley, Oranges, Parsnips,  
Pineapple, Peppers, Peaches,  
Potatoes, Pears, Quinoa, Radishes,  
Raisins, Rhubarb, Raspberries,  
Rutabagas, Apple Cider, Mellons,  
Spinach (raw), Squash, Turnip  
Greens, Watercress, Yams.

#### **Acid-Ash Foods**

*Foods to avoid when possible.*

Alcohol, Aspirin, Barley, Black  
Pepper, Cake, Canned or Frozen  
Foods, Processed Cereals,  
Chickpeas, Chocolate, Coffee, Corn  
Starch, Cranberries, Dairy (all except  
Feta is acceptable), Eggs, Grains,  
(except millet and quinoa), Honey,  
Legumes, Lentils, Mustard, Niacin,  
Oatmeal, Nuts, Pasta, Popcorn,  
Plums, Prunes, Rice, Salt, Seeds,  
Soda Crackers, Soft Drinks, Sugar,  
Black Tea, Tofu & Soy Products,  
Vinegar (distilled), Wheat Bran,  
Wheat Germ, Canned Fruits, Wheat  
Products, All Animal Products.\*

\*Try to limit animal proteins to 45 grams a day. Some will find it helpful to supplement their diets with 250-500 mgs each of all three essential fatty acids (Omega 3, 6 & 9) per day. Some may also find that supplementing with Brewer's Yeast Tabs (2 - 3x daily) may be helpful.

To calculate the amount of water for your body...divide your weight by 2. Convert the pounds to ounces and this is your optimum daily intake for health. For example, if an individual weighs 150 pounds, his or her daily intake of water should be 75 ounces minimum.

*\*One can easily check their daily pH with pH strips available from most health food stores. Upon rising, bite a lemon wedge. Wait a few minutes and place a pH strip in your mouth. Read the results from the chart provided with your pH strip. (This method is much more accurate than a urine sample).*