

SPRING CLEANSE FOOD GUIDE:

Foods with Acid, Alkaline and Neutral Properties

Tip: Eat less than 20% of your diet from column 1. Eat 80% of your diet from both columns 2 and 3

Column 1 Protein Foods Acid-Forming Foods	Column 2 Starchy Foods Alkaline-Forming Foods	Column 3 Bulk-Forming Foods Neutral Foods
<p>Most recommended: Fish (eat all you want even if over 20% of total diet)</p> <p>Acceptable during cleanse: Beans (dried) fresh beans <i>See column 3</i> Beef Coffee (black-max 2 cups a day) Eggs (whole) Grains (whole) most; ie. barley, kasha, bulgar, spelt, amaranth, quinoa, oats, rye, wheat berries Lamb Lentils Liver Nuts (except Almonds) Peas Poultry Pork Prunes (cooked) Rhubarb (cooked) Rice (white) Seeds (ie. Sunflower, Flax etc.) Soy Beans Tofu Veal Wheat Germ</p> <p>Not recommended during cleanse: Buttermilk Cheese (of any kind) Seafood (shellfish) Yogurt</p>	<p>Most recommended: Almonds Millet, Buckwheat Rice (Brown)</p> <p>Acceptable during cleanse: Apples Apricots Berries Cherries Lemons Peaches/ Pears/ Plums/ Nectarines Popcorn Potatoes (Baked) Pumpkin/ Squash/ Yams/ Sweet Potatoes Sesame seeds Soy milk (without sweeteners) Tahini Tomatoes (fresh)</p> <p>Not recommended during cleanse: Bananas Currants Dried fruit (dates, figs, etc.) Fruit juices Flour or any grains Grapes Honey Malt Maple syrup Melons Molasses Oranges Pasta Pineapple Raisins Soup (Thick) usually thickened with flour Tropical fruit</p> <p>Not recommended at any time: Cakes, candy, icecream Cereal (processed) Flour gravy</p>	<p>Most recommended: Chives Garlic Ginger Onions (includes leeks, green onions, shallots etc.) Tea (herbal without milk) Water</p> <p>Acceptable during cleanse: Arugula Artichokes Asparagus Avocado Beans (green) Beats or Beat Tops Bok Choy Broccoli Brussel Sprouts Butter (grass fed) Cabbage Carrots Cauliflower Celery Collards Corn Chard Cucumbers Dandelion Eggplant Endive Escarole Herbs for seasoning (ie. Basil, Oregano, Thyme, Coriander) Kale Kohlrabi Lettuce Mustard Greens Okra Oils (All oils except peanut oil. ie. Olive, Sunflower, Coconut, Flax, Hemp) Parsley Parsnips</p>

	<p>Fruit juices with sugar or pop/ soda Oily nuts and peanuts Sugar (white or brown)</p>	<p>Peas Peppermint Peppers (green, red, orange, yellow) Radicchio Radishes Rutabagas Seaweeds (Kelp, Nori, Dulse, etc.) Sorrel Spinach Sprouts Turnips Watercress</p> <p>Not recommended during cleanse: Cottage cheese Mushrooms (except for medicinal mushrooms like chaga, reishi, cordyceps etc.)</p>
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*Acid Alkaline food chart modified from "Herbs and Their Clinical Uses" by Terry Willard

This diet is a basic guideline. Emphasis should be put on incorporating seasonal, local and cultured foods.

Note: It is recommended that you use **organic foods** as much as possible during the cleanse.