

FAVORABLE CARBOHYDRATE CHOICES--Approximately 9 grams of carbohydrates equals one block

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|---|------------------------------------|-------------------------------|--|-------------------------------------|--------------------------------|----------------------------|-----------------------------|------------------------------|--------------------------|----------------------------|---------------------------------|-----------------------------|
| Cooked Vegetables | Artichokes 4 large 1C hearts | Asparagus 12 spears, 1C | Black Beans 1/4 C | Green Beans 1 1/2 C | Kidney Beans 1/4 C | Navy Beans 1/4 C | Bok Choy 3 C | Brussel Sprouts 1 1/2 C | Cabbage 3 C | Cauliflower 4 C | Chickpeas Garbanzos 1/4 C | |
| | Collard Greens 2 C | Eggplant 1 1/2 C | Hummus 1/5 C | Kale 2 C | Kohlrabi 1 C | Leeks 1 C | Lentils, cooked 1/4 C | Mushrooms 2 C boiled | Mustard Greens 4 C | Okra 1 C sliced | Onions, boiled 1/2 C | Salsa 1/2 C |
| | Sauerkraut 1 C | Spinach 3 1/2 C | Swiss Chard 2 1/2 C | Tomato, canned 1 C chopped | Tomato, pureed 1/2 C | Tomato, sauce 1/2 C | Turnip Greens 4 C | Turnip, mashed 1 1/2 C | Yellow Squash 2 C | Zucchini 2 C | | |
| Raw Vegetables | Alfalfa Sprouts 10 C | Spinach 3 1/2 C | Bell Peppers, Green or Red 2 C | Broccoli 4 C | Brussels Sprouts 1 1/2 C | Cabbage 4 C shredded | Cauliflower 4 C | Celery 2 C sliced | Cucumber 1 1/2 medium | Endive 10 C chopped | Escarole 10 C chopped | Fennel 3/4 C |
| | Jalapeno Peppers 2 C | Spinach 3 1/2 C | Lettuce Romaine, Arugula, Butterhead 10 C | Mushrooms chopped 4 C | Onion, chopped 1 1/2 C | Radishes 4 C Sliced | Scallions 3 C | Shallots 1 1/2 C diced | Snow Peas 1 1/2 C | Spinach 20 C chopped | Tomato 1 1/2 C chopped | Water Chestnuts 1/3 C |
| Fruit Fresh, Frozen, Light | Apple 1/2 | Spinach 3 1/2 C | Apricots 3 | Blackberries 3/4 C | Blueberries 1/2 C | Cherries 8 | Fruit Cocktail | Grapefruit 1/2 | Grapes 1/2 C | Kiwi 1 | Boysen- berries | Rhubarb |
| | Lemon or Lime | Spinach 3 1/2 C | Orange 1/2 | Orange, Mandarin | Peach 1 | Pear 1/2 or 1/2 C | Persimmon Fuji 1/2 | Plum 1 | Raspberries 1 C | Strawberries 1 C | Peach, water canned 1/2 C | Tangerine 1 |
| Grains | Barley, dry 1/2 Tsp | Spinach 3 1/2 C | Oatmeal, old fashion dry 1/2 oz | | | | | | | Wine 4 oz | | |

UNFAVORABLE CARBOHYDRATE CHOICES--Approximately 9 grams of carbohydrates equals one block

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|--|--------------------------|---------------------------|--------------------------|------------------------------|------------------------------------|--------------------------|---------------------------|-------------------------------|---------------------------|------------------------------|-------------------------------|------------------------------|
| Cooked & Raw Vegetables | Acorn Squash 1/2 C | Beans, baked 1/4 C | Beans, Refried 1/4 C | Beets 1/2 C sliced | Butternut Squash 1/2 C | Carrots 1 C sliced | Corn 1/4 C | Lima Beans 1/4 C | Parsnips 1/3 C | Peas 1/2 C | Pinto Beans 1/4 C | Potato, baked 1/4 C |
| | Potato, boiled 1/3 C | Potato, fries 5 pieces | Potato mashed 1/4 C | Potato, Sweet | | | | | | | | |
| Fruit | Banana 1/3 | Cantaloupe 1/4 melon | Cranberries 3/4 C | Cranberries dried 2 | Cranberry Sauce 3 tsp | Dates 2 pieces | Fig 1 dried | Fig 1 raw | Guava 1/2 C | Honeydew 2/3 C cubed | Kumquat 3 pieces | Mango 1/3 C sliced |
| | Papaya 3/4 C cubed | Pineapple 1/2 C diced | Prunes 2 dried | Raisins 1 Tbsp | Watermelon 3/4 C diced | | | | | | | |
| Juices | Apple Cider/ Juice | Carrot 3 oz | Cranberry 1/4 C | Fruit Punch 1/4 C | Grape 1/4 C | Grapefruit 1/3 C | Lemon/Lime 1/3 C | Lemonade 1/3 C | Orange 1/3 C | Pineapple 1/4 C | Tomato 1 C | V-8 3/4 C |
| Grains & Breads | Bagel 1/4 oz | Biscuit 1/2 | Bread 1/2 oz crumbs | Bread, white 1/2 slice | Bread, whole grain 1/2 slice | Bread stick 1 small | Buckwheat 1/2 oz dry | Bulgur Wheat 1/2 oz dry | Cereal, bfast 1/2 oz | Corn Bread 1 sq. in piece | Cornstarch 4 tsp | Couscous 1/2 oz dry |
| | Cracker 1 1/2 Graham | Cracker 4 Saltines | Croissant 1/4 plain | Crouton 1/2 oz | Donut 1/3 plain | English Muffin 1/4 | Granola 1/2 oz | Grits 1/3 C cooked | Melba Toast 1/2 oz | Millet 1/2 oz dry | Muffin, mini 1/2 blueberry | Noodles, egg 1/4 C cooked |
| | Pancake 4" 1 | Pasta 1/2 C | Pita Bread 1/4 pocket | Pita Bread 1/2 mini | Popcorn 2 C popped | Rice white 1/5 cooked | Rice, long grain 1/3 C | Rice Cake 1 | Roll, dinner 1/2 small | Tortilla, corn 1-6 " | Tortilla, flour 1/2----8" | Waffle 1/2 |

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| .5 - 1.0 Most Acidic | 1.5 - 2.5 Acidic | 3.0 - 3.5 Lowest Acid | 4.0 - 5.0 Lowest Alkaline | 5.5 - 6.5 Alkaline | 7.0 - 7.5 Most Alkaline |
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ACIDIC CAUSING ACTIVITIES
Overwork, Anger, Fear, Jealousy, Stress

Estimated PH Values

Processed Sugar very damaging - Reduces item PH by -1

Artificial Sweeteners = .5 potentially cancer causing - have been known to cause partial blindness.

- Caffeine Drinks
- Coffee Black Tea
- Herb Tea
- Carbonated Drinks
- Liquor Beer

- GOOD ADDITIVES**
- Agar- Agar
 - Cayenne Pepper
 - Garlic Garlic
 - No sugar Gelatin with Fruit-
 - Honey, Brown rice syrup