


Best Protein Choices (7 grams)					Fair Protein Choices (7 grams)				Poor Protein Choices (7 grams)			
Meat & Poultry	Beef, range fed or game 1 oz	Canadian Bacon, lean 1 oz	Chicken Breast, Skinless 1 oz	Chicken Breast, deli 1.5 oz	Beef, Ground 10% 1.5 oz	Beef, Lean Cuts 1 oz	Canadian Bacon, Lean 1 oz	Chicken, Dark Meat No Skin 1 oz	Bacon 3 strips	Beef Fatty Cut 1 oz	Beef Ground 15% fat 1 oz	Hot Dog, Pork or Beef 1 Link
	Emu 1 oz	Pork Tenderloin 1 oz	Turkey Breast Skinless 1 oz	Turkey Breast, Deli 1.5 oz	Corned Beef Lean 1 oz	Duck 1 oz	Ham, Deli Style 1.5 oz	Lamb, Lean 1 oz	Hot Dog, Turkey or Chicken 1	Kielbasa 2 oz	Liver Beef 1 oz	Pepperoni 1 oz
	Turkey Breast Ground 1.5 oz	Turkey Bacon 3 Strips	Vea 1 oz		Pork Lean 1 oz	Turkey, Dark Meat No Skin 1 oz	Turkey Bacon 3 strips	Turkey Sausage 3 Links	Pork Sausage 2 Links	Salami 1 oz		
Fish & Seafood	Bass, Fresh water 1 oz	Bass Sea 1.5 oz	Blue Fish 1.5 oz	Calamari 1.5 oz								
	Catfish 1.5 oz	Cod 1.5 oz	Clams 1.5 oz	Crabmeat 1.5 oz								
	Haddock 1.5 oz	Lobster 1.5 oz	Mackerel 1.5 oz	Salmon 1.5 oz								
	Sardines 1.5 oz	Scallops 1.5 oz	Shrimp 1.5 oz	Snapper 1.5 oz								
	Swordfish 1.5 oz	Trout 1.5 oz	Tuna Steak 1 oz	Tuna in Water 1.5 oz								
Egg	Egg Whites 2	Whole Egg 1	1/4 C Egg Substitute	Egg - Hard boiled					Whole Egg 1			
Dairy	Cheese, Low Fat 1 oz	LF Cottage Cheese 1/4 C	NF Cottage Cheese 1/4 C	Cream Cheese Fat	Cheese Low Fat 1 oz	Mozzarella Skim 1 oz.	Ricotta Skim Cheese 1/4 C		Cheese Hard 1 oz	Yogurt Plain		
Vegetarian	Nikken Protein Powder 1/3 C	Soy Burgers 2/3 Pat	Soy Canadian Bacon	Soy Burger Crumbles 1/3 C								
	1 Soy Sausages	Tofu, extra firm 2 oz	Tofu, firm 3 oz	Tofu, Soft 4 oz								
Mixed 1 Protein & 1 Carb	Milk 1% Skim Soy, 1 C	Soybeans 1/3 C cooked	Tempeh 1.5 oz	Yogurt Plain skim 8 oz								
Best Fat Choices (3 grams)					Fair Fat Choices (3 grams)				Poor Fat Choices (3 grams)			
	Almonds 3	Almond Oil 2/3 tsp	Avocado 1 Tbsp	Canola Oil 2/3 tsp	Mayonnaise Light 1 tsp	Mayonnaise Reg 2/3 tsp	Soybean Oil 2/3 tsp	Walnuts 1Tsp chopped	Bacon Bits Imitation 2	Butter 2/3 tsp	Cream 1/2 Tsp	Cream Cheese Lite 2 tsp
	Cashews 3	Guacamole 1Tbsp	Macadamia 1	Olive, black 4 medium	Peanuts 6	Pistachios 3			Lard 2/3 tsp	Sour Cream 1/2 Tbsp	Veg. Shortening 2/3 Tsp	Whipped Cream 2 Tbsp
	Olive/ Sesame Oil 2/3 tsp	Coconut Oil	Peanut Butter Natural 1/2 Tsp	Tahini 1/2 Tbsp	Apple Cider Vinegar	Brewers & Nutritional Yeast	White processed Vinegar					

 This is our Warning sign – Caution... May be harmful to your health - Recommend investigating effects on health

Estimated PH Values

.5 - 1.0 Most Acid	1.5 - 2.5 Acid	3.0 - 3.5 Least Acid	4.0 - 5.0 Least Alkaline	5.5 - 6.5 Alkaline	7.0 - 7.5 Most Alkaline
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*** AVOID ALL FOODS with MSG ("spices" usually hide it)

WOMEN : (OR Men of Smaller Stature)
3 BLOCKS EACH CARB, PROTEIN, & FAT PER MEAL 3 MEALS /DAY
 Both: Snack: 1 BLOCK EACH CARB, PROTEIN, & FAT -2 SNACKS/DAY
 MEN : (OR Women of Taller Stature)
4 BLOCKS EACH CARB, PROTEIN, & FAT PER MEAL 3 MEALS /DAY