

Village Health Clinic

#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 * F: 604.574.7290

www.villagehealthclinic.ca

DIET FOR ARTHRITIS & RHEUMATISM

- No refined grains, sugars, pasta
- No salt, baked goods or processed cereals
- No preserved foods
- No coffee or black tea
- Limited meats, sweets, dairy products and alcohol
- Less than 20% acid forming foods (Column #1)
- 60% raw foods (Column #3)
- If weight loss is more than 10% of total body weight, ass more bulk forming foods (column #3)

BREAKFAST:

- 1 Tbsp Apple Cider Vinegar and 1/2 Tbsp unpasteurized Honey in 1/2-cup warm water.
- Fruit: a little yogurt can be added. It is preferred to have one type of fruit only.

MORNING SNACK: (optional)

- Piece of fruit or vegetable, ie. Carrot or celery sticks, apple, vegetable broth **or** yogurt.

LUNCH:

- Major part of the meal should be a green salad, soup or vegetables. Try to choose foods from columns 2 & 3.

AFTERNOON SNACK:

- Similar to morning snack.

SUPPER:

- Large green salad, a variety of cooked vegetables, a casserole, grain (millet or buckwheat preferably), a small portion of white meat (chicken or fish).

EVENING SNACK:

- Same as morning snack.

**DRINK PLENTY OF WATER.
6 GLASSES PER DAY**

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COLUMN #1

COLUMN #2

COLUMN #3

PROTEIN FOODS

BULK FORMING FOODS

STARCH FOODS

Acid Ash Positive

Beef
Pork*
Liver
Lamb
Veal
Ham*
Poultry (all)
Fish (most all)
Seafood*
Eggs (whole)
Buttermilk
Yogurt
Bran
Wheat Germ
Rice (white)
Most Whole Grains
Cooked Prunes (no sugar)
Nuts (except Almond & Brazil Nut)
Natural Cheese
Lentils
Cooked Tomatoes (no sugar)
Cooked Rhubarb (no sugar)
Coffee (black only)*
Tea (no sugar)
Soy Beans
Dried Peas
Dried Beans

Neutral Starches

Date, Figs
Honey, Molasses
Maple Syrup
Raisins
Pumpkin, Squash
Tomatoes (fresh)
Apples, Grapes
Currants, Peaches
Pears, Plums
Pineapple, Melons
Bananas, Cherries
Apricots
Cantaloupe
Watermelon
Brown Rice, Millet
Buckwheat Popcorn
Almonds, Brazil Nuts
Potatoes (baked)
White Sugar*
Brown Sugar*
Candy*, Cakes*
Jams*, Jellies*
Macaroni*, Spaghetti*
Oily Nuts*
White Flour*
Cereals (processed)*
Pastries*, Pies*
Peanuts*
Ice Cream*
Flour Gravy*
Thick soups*

Alkaline-Ash
Negative

Asparagus, Celery
Collards, Cabbage
Lettuce, Beet tops
Endive, Broccoli
Green Peas, Beans,
Water Cress, Chives
Cucumber, Mustard
Garlic, Kale
Eggplant, Onion
Radish, Spinach
Green Pepper, Okra
Sorrel, Romaine
Leek, Peppermint
Corn, Escarole
Dandelion
Kohlrabi
Artichokes
Parsley
Beets, Carrots
Parsnips, Turnips
Rutabagas
Celery Root
Mushrooms
Avocado
Butter
Olive Oil
Cottage Cheese
Brussel Sprouts

**THOSE MARKED
WITH A (*) NOT
RECOMMENDED
FOR USE AT ANY
TIME**