

# Village Health Clinic

#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 \* F: 604.574.7290

[www.villagehealthclinic.ca](http://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**

# Village Health Clinic

#105 - 15153 Highway 10, Surrey V3S9A5

T: 604.575.7275 \* F: 604.574.7290

[www.villagehealthclinic.ca](http://www.villagehealthclinic.ca)

## 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**