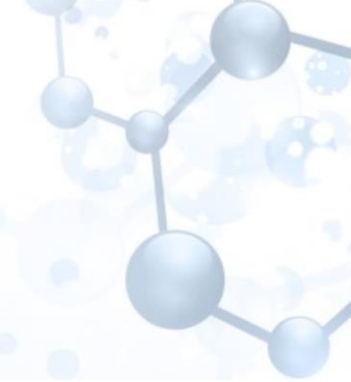
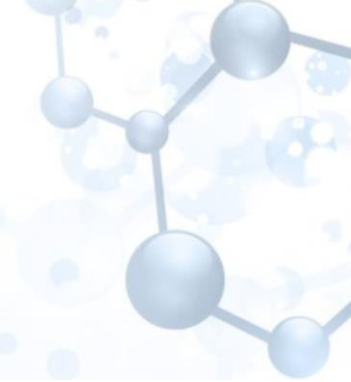


The Alkalising Diet



Food group	Serves per day	Examples
Protein	3-5 serves Eat protein foods with each meal or snack Daily intake: 1-2g protein per kg of body weight eg: 70kg person needs a minimum of 70g protein*	Animal sources: Fresh lean fish, seafood, beef, lamb, veal, pork, kangaroo, chicken, turkey, duck, quail, eggs; avoid processed, smoked and fatty meats.
		Vegetarian sources: All legumes - lentils, split peas, chick peas, red kidney beans, tofu, tempeh, eggs
Vegetables	6 serves (1 serve = 1 cup)	All vegetables: Eat 3 serves of a variety of different coloured vegetables, including cruciferous vegetables and root vegetables.
		Leafy green vegetables: Eat 3 serves of leafy green vegetables such as dark leaf lettuce, rocket, spinach, silverbeet, kale, cabbage, Chinese greens
Fruit	2-4 serves (1 serve = 1 piece or 1/2 cup)	Eat a variety of different colored fruits including berries and citrus.
Nuts, seeds, oils	2 serves (1 serve = 1 handful nuts and seeds or 2 tablespoons healthy oils)	All nuts and seeds should be raw and fresh. All oils should be cold pressed. Healthy oils include: olive, flax, macadamia nut, walnut, sesame.
Grains OPTIONAL	1 small serve (1/2 cup cooked grains)	1-2 pieces of wholegrain bread or 1/2 cup of brown rice, whole meal pasta, couscous, oats etc
Dairy OPTIONAL	1 small serve (1/4 - 1/2 cup)	Milk, butter, cheese, yogurt and whey protein
Beverages	2 litres of water or equivalent beverages	Drink liberally: water, herbal teas, green tea and fruit and vegetable juices. Avoid: Alcohol, tea, coffee, chocolate, fruit juices/drinks with added sugar, soft drinks, dairy.

The Alkalising Diet



Food group	Serves per day	Examples
Condiments and sweeteners	As desired	Use liberally: fresh herbs, spices, chilli, garlic, lemon and lime juice, healthy oils, honey Avoid: sugar, artificial sweeteners, salt, processed dressings and sauces

*Note: The amount of protein in a food does not equal its overall weight eg: 100g of chicken, turkey, lamb or beef or 250g tofu only contain approximately 30g protein

A Day Eating the Alkalising Diet

Breakfast	Mixed berries with a tablespoon of yogurt Omelet made with 2-3 eggs and 1 cup of finely chopped vegetables eg: mushroom, tomato, spinach, parsley
Morning Snack	Small handful of mixed raw nuts 2 small mandarins or nectarines
Lunch	Mediterranean chicken salad with 2 cups of raw salad vegetables
Afternoon Snack	Celery sticks with hummus, cheese or small tin of tuna
Dinner	Thai stir-fry made with white fish or tofu/tempeh and 1 cup of bean sprouts, broccoli, capsicum, onion and mushroom and 1 cup of cabbage or Chinese greens, cooked in olive and sesame oil with lime juice and fresh coriander