

## THE ALKALISING DIET

Food group	Serves per day	Examples
<b>Protein</b>	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*	<b>Animal sources:</b>  Fresh lean fish, seafood, beef, lamb, veal, pork, kangaroo, chicken, turkey, duck, quail, eggs; avoid processed, smoked and fatty meats.
		<b>Vegetarian sources:</b>  All legumes - lentils, split peas, chick peas, red kidney beans, tofu, tempeh, eggs
<b>Vegetables</b>	6 serves  (1 serve = 1 cup)	<b>All vegetables:</b>  Eat 3 serves of a variety of different coloured vegetables, including cruciferous vegetables and root vegetables.
		<b>Leafy green vegetables:</b>  Eat 3 serves of leafy green vegetables such as dark leaf lettuce, rocket, spinach, silverbeet, kale, cabbage, Chinese greens
<b>Fruit</b>	2-4 serves  (1 serve = 1 piece or ½ cup)	Eat a variety of different coloured fruits including berries and citrus.
<b>Nuts, seeds, oils</b>	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.
<b>Grains</b> <b>OPTIONAL</b>	1 small serve  ( ½ cup cooked grains)	1-2 pieces of wholegrain bread or ½ cup of brown rice, wholemeal pasta, couscous, oats etc
<b>Dairy</b> <b>OPTIONAL</b>	1 small serve  (¼ - ½ cup)	Milk, butter, cheese, yogurt and whey protein
<b>Beverages</b>	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.
<b>Condiments and sweeteners</b>	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

<b>Breakfast</b>	Mixed berries with a tablespoon of yogurt  Omelette made with 2-3 eggs and 1 cup of finely chopped vegetables eg: mushroom, tomato, spinach, parsley
<b>Morning Snack</b>	Small handful of mixed raw nuts  2 small mandarins or nectarines
<b>Lunch</b>	Mediterranean chicken salad with 2 cups of raw salad vegetables
<b>Afternoon Snack</b>	Celery sticks with hommus, cheese or small tin of tuna
<b>Dinner</b>	Thai stirfry 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