

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% Fat 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	Veal 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 & Sea-food	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								
Dairy	Cheese, Low Fat 1 oz	LF Cottage Cheese 1/4 C	NF Cottage Cheese 1/4 C	Cream Cheese Fat Free 2 Tbsp	Cheese Low Fat 1 oz	Mozzarella Skim 1 oz.	Ricotta Skim Cheese 1/4 C		Cheese Hard 1 oz	Yogurt Plain		
Vegetarian	Nikken Body Balance 1 Scoop	Soy Burgers 2/3 Patty	Soy Canadian Bacon 3 slices	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 or 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 1 Tsp chopped	Bacon Bits Imitation 2 tsp	Butter 2/3 tsp	Cream 1/2 Tsp	Cream Cheese Lite 2 tsp
	Cashews 3	Guacamole 1 Tbsp	Macadamia 1	Olive, black 4 medium	Olives - Green or pickled	Pistachios 3	Peanuts 6		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 Tbsp	Tahini 1/2 Tbsp	Apple Cider Vinegar	Brewers & Nutritional Yeast	White processed Vinegar					

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
*** AVOID ALL FOODS with MSG ("spices" usually hide it)					

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

**Colors = PH & Inflammatory Concerns / FAVORABLE CARBOHYDRATE CHOICES -- Approximately 9 grams of carbohydrates equal one block**

Cooked Vegetables	Artichokes 4 large 1C hearts	Asparagus 12 spears, 1C	Black Beans 1/4 C	Green Beans 1 1/2 C	Kidney Beans 1/4 C	Navy Beans 1/4 C	Bok Choy 3 C		Brussels Sprouts 1 1/2 C	Cabbage 3 C	Cauliflower 4 C	Chickpeas Garbanzos 1/4 C
	Collard Greens 2 C	Eggplant 1 1/2 C	Hummus Tahini 1/5 C	Kale 2 C	Kohlrabi 1 C	Leeks 1 C	Lentils, cooked 1/4 C	Mushrooms 2 C boiled	Mustard Greens 4 C	Okra 1 C sliced	Onions, boiled 1/2 C	Salsa 1/2 C
	Sauerkraut 1 C	Spinach 3 1/2 C	Swiss Chard 2 1/2 C	Tomato, canned 1 C chopped	Tomato, pureed 1/2 C	Tomato, sauce 1/2 C	Turnip Greens 4 C chopped	Turnip, mashed 1 1/2 C	Yellow Squash 2 C	Zucchini 2 C		
Raw Vegetables	Alfalfa Sprouts 10 C	Spinach 3 1/2 C	Bell Peppers, Green or Red 2 C	Broccoli 4 C	Brussels Sprouts 1 1/2 C	Cabbage 4 C shredded	Cauliflower 4 C	Celery 2 C sliced	Cucumber 1 1/2 medium	Endive 10 C chopped	Escarole 10 C chopped	Fennel 3/4 C
	Jalapeno Peppers 2 C	Spinach 3 1/2 C	Lettuce Romaine, Arugula, Butter head 10 C	Mushrooms chopped 4 C	Onion, chopped 1 1/2 C	Radishes 4 C Sliced	Scallions 3 C	Shallots 1 1/2 C diced	Snow Peas 1 1/2 C	Spinach 20 C chopped	Tomato 1 1/2 C chopped 2 C cherry	Water Chestnuts 1/3 C
Fruit Fresh, Frozen, Light Canned	Apple 1/2	Spinach 3 1/2 C	Apricots 3	Blackberries 3/4 C	Blueberries 1/2 C	Cherries 8	Fruit Cocktail 1/3 C	Grapefruit 1/2	Grapes 1/2 C	Kiwi 1	Boysenberries 1/2 C	Rhubarb 1 C
	Lemon or Lime 4 - 5 Tbsp	Spinach 3 1/2 C	Orange 1/2	Orange, Mandarin 1/3 C	Peach 1	Pear 1/2 or 1/2 C	Persimmon Fuji 1/2	Plum 1	Raspberries 1 C	Strawberries 1 C	Peach, water canned 1/2 C	Tangerine 1
Grains	Barley, dry 1/2 Tsp	Spinach 3 1/2 C	Oatmeal, old fashion dry 1/2 oz							Wine 4 oz		

**UNFAVORABLE CARBOHYDRATE CHOICES--Approximately 9 grams of carbohydrates equals one block**

Cooked & Raw Vegetables	Acorn Squash 1/2 C	Beans, baked 1/4 C	Beans, Refried 1/4 C	Beets 1/2 C sliced	Butternut Squash 1/2 C	Carrots 1 C sliced	Corn 1/4 C	Lima Beans 1/4 C	Parsnips 1/3 C	Peas 1/2 C	Pinto Beans 1/4 C	Potato, baked 1/4 C
	Potato, boiled 1/3 C	Potato, fries 5 pieces	Potato mashed 1/4 C	Potato, Sweet 1/3 C								
Fruit	Banana 1/3	Cantaloupe 1/4 melon	Cranberries 3/4 C	Cranberries dried 2 Tbsp	Cranberry Sauce 3 tsp	Dates 2 pieces	Fig 1 dried	Fig 1 raw	Guava 1/2 C	Honeydew 2/3 C cubed	Kumquat 3 pieces	Mango 1/3 C sliced
	Papaya 3/4 C cubed	Pineapple 1/2 C diced	Prunes 2 dried	Raisins 1 Tbsp	Watermelon 3/4 c diced					Black Tea		
Juices	Apple Cider/ Juice 1/3 C	Carrot Juice 3 oz	Cranberry Sauce 1/4 C	Fruit Punch 1/4 C	Grape Juice 1/4 C	Grapefruit 1/3 C	Lemon/Lime 1/3 C	Lemonade 1/3 C unsweetened	Orange 1/3 C	Pineapple 1/4 C	Tomato 1 C	V-8 3/4 C
Grains & Breads	Bagel 1/4 small	Biscuit 1/2	Bread 1/2 oz crumbs	Bread, white 1/2 slice	Bread, whole grain 1/2 slice	Bread stick 1 small	Buckwheat 1/2 oz dry	Bulgur Wheat 1/2 oz dry	Cereal, dry 1/2 oz	Corn Bread 1 sq. in piece	Cornstarch 4 tsp	Couscous 1/2 oz dry
	Cracker, Graham 1 1/2	Cracker 4 Saltines	Croissant 1/4 plain	Crouton 1/2 oz	Donut 1/3 plain	English Muffin 1/4	Granola 1/2 oz	Grits 1/3 C cooked	Melba Toast 1/2 oz	Millet 1/2 oz dry	Muffin, mini 1/2 blueberry	Noodles, egg 1/4 C cooked
	Pancake 4" 1	Pasta 1/2 C cooked	Pita Bread 1/4 pocket	Pita Bread 1/2 mini pocket	Popcorn 2 C popped	Rice white 1/5 cooked	Rice, long grain 1/3 C cooked	Rice Cake 1	Roll, dinner 1/2 small	Tortilla, corn 1--6 "	Tortilla, flour 1/2----8"	Waffle 1/2

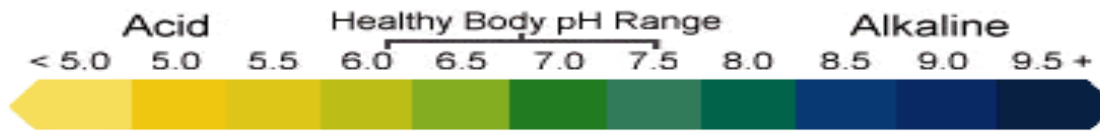
**PH & INFLAMMATORY POTENTIAL LISTED BELOW**

.5 - 1.0 Most Acidic	1.5 - 2.5 Acidic	3.0 - 3.5 Least ...Acidic	4.0 - 5.0 Least Alkaline	5.5 - 6.5 Alkaline	7.0 - 7.5 Most Alkaline
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**Artificial Sweeteners = .5 Cancer causing & have been known to cause partial blindness.**  
**Processed Sugar very damaging - Reduce item PH by -1**

**Share Nikken -Making a Difference gives true joy; lessening stress.**

**ACIDIC CAUSING ACTIVITIES**  
 Overwork, Anger, Fear, Jealousy, Stress



Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

# **ZONE HEALTH - STYLE FOOD PYRAMID**

