The Properties of Foods

Each person needs a diet, which is individualized to their needs and promotes their health and efficient functioning of their body. The food we eat, plays an important role in the maintenance & preservation of our health.

Eating the wrong type of food is an important cause for us to fall ill. Different types of food are required at different times & stages in our lives.

Knowledge about the properties of each of the foods you eat, can help to guide you in choosing the right foods and adjusting your diet to regain & maintain good health.

The following list gives information about the properties of various foods. I have divided it into the following groups :- Vegetables, fruits, juices, cereals, nuts and seeds, beans, oils, spices, meats, fish, milk products, cakes and pastries, sweets, drinks & cocktails.

List of symbols on the food chart and what they signify.

A= highly acidic

a= slightly acidic

N= neutral

b= slightly basic

B= strongly basic

C= constipating

H= high Fibre

g= gas forming

G= highly gas forming

L= laxative

M= generates mucus

Vegetables.

Vegetables contain carbohydrate, fibre (indigestible residue) vitamins & minerals. Vegetables are usually not a significant source of protein. Proteins in vegetables are easier to absorb from cooked food. When eaten raw or taken as a juice the body is able to absorb the maximum amount of the vitamins from the vegetable. Cooking helps to make vegetables more digestible & reduces their fibre and vitamin content. The fibre is

converted into carbohydrate which increases the available absorbable calories. Some vitamins are destroyed by heating. Some of the minerals escape into water when vegetables are boiled.

Each vegetable contains different vitamins & minerals so eating a range of raw & cooked vegetables allows the body to choose those vitamins and minerals which it needs and so obtain more balanced nutrition. Most vegetables are sattvic in nature (they help to clear the mind, make it peaceful and to direct the mind towards good & god). It is good for your health to eat some raw and some cooked vegetables everyday.

Vegetables help clean the bowels & prevent constipation. Preserved, canned and pickled vegetables are all acid. Vegetable juices like carrot, beetroot, tomato etc can help heal cancer as they contain large quantities of concentrated anti-oxidants. Foods containing sulphur rich amino acids help the body regulate immunity, and prevent infections and cancer.

VEGETABLES	pH & Properties	Protein content	Comments on actions
Alfa alfa Sprouts	B	Medium	Strong anticancer effects. Helps nerve regeneration.
Amaranth Leaves	a		Laxative, rich in Iron & Calcium. Anti-cancer.
Artichoke	a		
Arugola	a		Good source of folic acid, protects the heart & helps remove heavy metals
Ash gourd	B		
Asparagus	a		Iron & Calcium, diuretic.
Aubergine/ Eggplant/ Brinjal	A		Not good for arthritis due to high acid level which can aggravate arthritis caused by high levels of acid in the body
Avocado	A		HIGH in CHOLESTEROL and fat. Tamasic.
Bean sprouts	b	Medium	Rich in Vitamin B and easily digestible protein.
Beet root	b		Anticancer , Tamasic.
Belgian Endive	a		
Bitter gourd	N		Helps stimulate the pancreas and thus reduces blood sugar.
Bottle gourd	B		
Bread Fruit	a g		
Broad Beans	b	Low	
Broccoflower	bG		Rich in Calcium, Causes gas when cooked. Reduces Hyperthyroidism by reducing the uptake of iodine by the thyroid gland.
Broccoli	NG		Rich in Calcium, Causes gas when cooked. Anti cancer, Helps prevent prostate Cancer. Reduces Hyperthyroidism by reducing the uptake of iodine by the thyroid gland.
Brussel sprouts	B		Iron & Calcium, Causes gas when cooked. Anti cancer, Helps prevent prostate Cancer. Reduces Hyperthyroidism by reducing the uptake of iodine by the thyroid gland.
Brussel sprouts cooked	bG		Iron & Calcium
Cabbage raw (all kinds White, Purple, green etc.) or marinated in lime juice	B		Anti cancer, Reduces Hyperthyroidism. Anti cancer, helps prevent prostate Cancer.
Cabbage cooked	bG		

Capers	A		
Capsicum (Red, yellow, green etc)	a		Stimulates circulation.
Cardoon	B		
Carrot	B		Anticancer , Diuretic, rich in beta-carotene, improves eyesight.
Cassava	A		In excess forms mucous.
Cauliflower Cooked	bG		Causes gas when cooked.
Cauliflower raw	B		Anti cancer, Helps prevent prostate Cancer. Reduces Hyperthyroidism by reducing the uptake of iodine by the thyroid gland.
Celeriac	B		
Celery	B		Rich in Calcium & Potassium, diuretic, Helps brain function.
Chicory	N		
Chillies (red, green & purple)	A		Stimulates sexual nerves & desire. Improves blood circulation, Dispels gas. Helps adaptation to hot climates.
Chinese cabbage	b		Causes gas when cooked.
Chives	a		Contains sulfur rich amino acids
Choi Sam	b		Iron & Calcium
Coriander//Cilantro	b		This a natural chelator. It helps remove lead & heavy metals from the body. Rich in iron & calcium. It is a good daily supplement for people with Metal fillings in their teeth.
Courgette/zucchini	b		
Cucumber	b		Cooling, gas when cooked.
Dandelion	a		Rich in Calcium
Dill	b		Iron & Calcium
Drumstick	b		Rich in Iron & zinc.
Endive	a		
Fennel	b		
Fenugreek Leaves	a		Helps digestion, Rich in iron. Good source of folic acid, protects the heart & helps remove heavy metals
French beans	bg	low	
Garlic	N		Contains sulfur rich amino acids. Good antiseptic, Anti fungal. Reduces cholesterol & corrects abnormalities in Blood lipids. Stimulates sexual impulses, helps arteriosclerosis. Removes lead & heavy metals from the body.
Gherkins	N		Acid when pickled.
Ginger	a		Helps sinus, decongestant , expectorant, reduces nausea,. Warming Herb, reduces throat spasms.
Goose berry (amla)	b		Richest Source of Vitamin C 600mgm/ gram dried weight. Removes lead & heavy metals from the body. Stimulates the immune system.
Green Banana	B		Can be used in place of Potatoes for cooking.
Green Beans	bg	Low	
Green Peas	b	Medium	
Green pepper	A		Improves circulation.
Horse radish	a G		Improves circulation.

Kohlrabi	ag		
Kumara	ag		
Leeks	N		Rich in Calcium
Lemon	A		
Lettuce (all kinds)	b		High fibre, Good source of folic acid, protects the heart & helps remove heavy metals
Lime	B		Cooling.
Mint	b		Improves digestion, rich in iron & calcium.
Mushrooms	N	Medium	Contains essential amino acids good for protein synthesis. Generates acid if eaten with cereals. Mushrooms are tamasic in nature. Can cause gas and is contra indicated in case of candidiasis.
Okra/ Ladies fingers	A		Good source of Iron.
Olives	a		Turn more acid when pickled.
Onions	b		Contains sulfur rich amino acids. Prevents Gas, Antiseptic. Stimulates sexual nerves & desire.
Pak Choy	b		Iron & Calcium
Parsley	b		Rich in Calcium, Good source of folic acid, protects the heart & helps remove heavy metals
Parsnip	a		
Pickles	A		
Potatoes	A		Skin & outside 1 cm Alkaline, Acid inside. In excess forms mucous.
Pumpkin	b		Pumpkin seeds are often a good source of Zinc.
Radish	BG		Stimulates sexual nerves & desire. Blood purifier.
Ratatouille	A		
Red pepper	A		Improves Circulation
Rhubarb	a		
Salsify	N		
Sauerkraut	A		
Scallion	N		
Sea weed (nori)	b	Low	Good source of Iodine iron & trace elements.
Shallots	N		Contains sulfur rich amino acids.
Snake Gourd	b		
Snow peas	b	Low	
Sorrel	a		Iron & Calcium
Spinach	N		Iron & Calcium, Good source of folic acid, protects the heart & helps remove heavy metals
Sweet potatoes	a		In excess Forms mucous. Can raise blood sugar so diabetics should avoid this.
Swiss chard	N		Rich in Calcium
Tapioca	a G		
Tomato Red Cooked	A		Can help digestion of proteins.
Tomato Red Raw	b		Anti cancer contains Lycopene.
Tomato Green	A		
Turnip	a		
Turnip tops	b		Good source of folic acid, protects the heart & helps remove heavy metals

Water sprouts	N	Low	
Watercress	N		Iron & Calcium. Good source of folic acid, protects the heart & helps remove heavy metals
White beans	N	Low	
Witloof Chicory	a		
Yam	A		Contains estrogen precursors. Helps low estrogen states, menopausal symptoms & osteoporosis.

Fruits

Fruits are a good source of vitamins, antioxidants, flavenoids, fibre and minerals especially magnesium & potassium. Each fruit contains different minerals & vitamins so eat a variety of fruits so your body can select which nutrients it needs from each fruit.

As fruits are rich in fibre they help the elimination of oil soluble toxins and waste products through the intestines, and so aid the body in detoxification.
Eating fruit in the first half of the day helps clean the body. Eating a piece of crunchy fruit after a meal helps clean the food residues from your teeth.
Most fruit is Sattvic and should be a part of your daily diet.
Canned or preserved fruit, pickles and jams always turn acidic during processing even if made from alkaline fruit.

FRUITS	Properties	**Properties of fruits**
Apple	A C H	Rich in Iron, Malic acid & Quercetin. Helps atherosclerosis, has anti cancer and anti-aging properties. Generates acid in the body. Good source of D mannose which can help E coli urinary infections.Helps remove lead and heavy metals from the body. Best eaten with the skin, unfortunately Apples are often heavily coated with pesticides so unless apples are organic, don't eat the skin.
Apricot	a	Apricot seeds contain anticancer substances.
Bananas	B g M H	Cooling, Increases cough, phlegm, sinuses, Bronchitis. Contains Vitamin C and has a high potassium & fibre content.
Blackberries	A	anti cancer, Good source of D mannose which can help E coli urinary infections
Blackcurrant	a L	Good source of D mannose which can help E coli urinary infections.
Blueberries	N	Anti cancer
Cactus Fig	b	
Cherries	a	Contain anti oxidants.
Chikoo	B	Diabetics should avoid them
Clementine	A	
Coconut	B	Coconut water is very cooling. The flesh is high in calories and it helps preserve the health of brain tissue.
Cranberry	A	Good source of D mannose which can help prevent and treat E coli urinary infections.
Custard Apple	B	Diabetics should avoid it as it is very sweet.

Dates	N	Diabetics should avoid them, rich in iron.
Dried figs	B	Laxative, good source of Calcium, Diabetics should avoid them
Durian	B H	
Egg Fruit	B	Rich in fat, anti oxidants & cholesterol. Helps Nerve regeneration.
Fresh figs	B	Laxative, good source of calcium, Diabetics should avoid them.
Grapefruit	A H	Helps heart disease by regulating fat metabolism. Can help Remove Aluminum from the Body.
Grapes	a	Grape seeds contain anti cancer substances. Skin of purple grapes also contain anticancer substances. Grapes often are often dipped in pesticide to preserve them so try & eat organic grapes.
Grenadine	a	
Guava	B M H	Vitamin C, Aggravates sinusitis & conditions with Phlegm.
Jackfruit.	B G H	
Kiwi	A	
Kumquat	A	
Lychees	a	
Mandarin orange	A	Can help Remove Aluminum from the Body.
Mango Raw (Sour)	A	
Mango Ripe (Sweet)	n H	Diabetics Should Avoid, Rich in anti-oxidants & has anti-cancer properties. It is a warming fruit & causes Diarrhea if taken in excess.
Mangosteen	B	
Melons (musk, Cantaloupe, honey dew etc.)	B H	Cooling
Mulberries	B	Anti cancer & cooling
Nectarine	A	
Orange	A	Good source of Vitamin C. Can help Remove Aluminum from the Body. Good source of D mannose which can help E coli urinary infections.
Papaya	B L H	Improves Digestion as it is rich in enzymes like papain, rich in beta carotene & vitamin C.
Passion fruit	A	
Peach	a/ A	Sour peaches are more acidic.
Pear	B H	
Persimmon	A	
Pineapple	A	Can help Remove Aluminum from the Body.
Plum	a	
Pomegranate	B	Contains estrogen precursors. Good for ladies with low hormone states and at menopause.
Prunes	a L	Helps Constipation.
Raisins	a	Diabetics should avoid them
Rambutan	b	
Raspberries	A	
Red currant	A	
Rhubarb	A L	Helps Constipation.
Stewed apples	A C	
Stewed rhubarb	A	
Strawberries	a	
Sweet Limes	B	Can help Remove Aluminum from the Body.

Tangerine	A	
Watermelon	BH	Cooling, Rich in Glutathione & Lycopene. Helps remove Heavy metals & prevents cancer.

Beans, lentils and their products

Beans, lentils and their products are a useful source of protein & folic acid. They contain protein equivalent to 40% of their dry weight. The balance is carbohydrate with significant amounts of it being Fibre (the indigestible form of the carbohydrate. For vegetarians this is an important source of protein. Daily requirements of protein in an adult are 0.4 grams/kg body weight, and for growing children 1 gram/kg of body weight. Lentils are a good source of folic acid and calcium. Their daily ingestion helps prevent heart disease. Lentils when sprouted are a good source of many of the B vitamins and anti-oxidants which help the body to repair and restore itself. A healthy diet should contain a handful of sprouts every day and at least 30 -40 grams of lentil daily. The skin of most lentils contains substances which cause gas when cooked. When these beans are eaten as sprouts there is no formation of gas. Lentils expand greatly in volume when cooked so 150 grams of dry lentils are adequate to feed a family of four at a meal.

The lentils described below are listed in order of their tendency to cause gas. Gas formation is more common in those people who suffer from food allergies.

Beans, lentils and their products	Properties	COMMENTS
Washed mung beans (yellow in colour without their skin)	B	Easiest Lentil to digest
Masoor beans (Orange in colour without skin)	Bg	
Mung Beans Green with skin	BG	
Black beans (Bengal Gram) Washed (Urad dal)	Bg	
Black beans (Bengal Gram)	BG	
Green peas	Bg	
Tofu , (soya steak), Cheese substitute etc	Ng	Can be used a substitute for cottage cheese. The flavor improves with marination in herbs & spices.
Broad beans	BG	
Miso	Ag	Good source of protein & antioxidants
Soya milk	Bg	Soya today contains lots of pesticide so try & eat organic soya products. Soya if taken in excess can cause hormonal problems. Daily intake should not exceed 300 ml.
Soya beans	BG	
Kidney Beans	BG	
Chick peas	BG	
Tempeh	NG	

Vegetable & Fruit Juices

Juices contain the essence of the substance from which they are extracted. The process of juicing breaks down the cell wall & liberates vitamins, minerals and antioxidants which would not be accessible through the normal process of chewing. They are useful sources of nutrition especially for sick people. All juices are good sources of Potassium and need to be used with caution if the person is taking potassium sparing diuretics or is on dialysis.

All juices should be made fresh & drunk immediately, as the anti - oxidants get rapidly destroyed in the presence of air. This reduces their therapeutic effect. Juices which have been allowed to stand tend to cause gas when drunk.

JUICE	pH	Comments
Aloe Vera Juice	N	Helps fibrosis & scarring, helps constipation by clearing the intestines.
Amaranth Juice	a	Helps Constipation.
Amla (Indian gooseberry)	a	Richest natural source of Vitamin C, potent anti cancer effects.
Apple juice	A C	Rich in iron & malic acid. Can help remove heavy metals from the body.
Apricot Juice	a	
Barley Grass Juice	B	Has Anti cancer properties for some types of Cancer.
Beet root juice	BL	Anti cancer.
Bitter Gourd Juice	B	Helps Diabetes.
Carrot juice	b L	Rich in Beta Carotene (anti cancer).
Coconut water	b	Cooling, rich in Potassium.
Coriander (cilantro(juice	B	Helps remove heavy metals like lead, nickel, cadmium and mercury from the body
Cooked tomato juice	A	
Grape juice (purple)	A	Contains Anti oxidants. Helps prevent & treat some types of Cancer.
Grapefruit juice	A	Helps remove Aluminum from the Body.
Guava	b	Rich in Vitamin C. Causes Mucous so avoid in bronchitis & sinusitis.
Mango Juice	b	Very Sweet so diabetics should avoid, it contains anti-oxidants and can cause diarrhea & heat boils when taken in excess.
Melon juice	b	Can cause Gas.
Orange juice	A	Rich in Vitamin C & Potassium. Helps remove Aluminum from the Body.
Peach Juice	A	
Pear juice	b	
Pineapple juice	A	Helps remove Aluminum from the Body. Can be allergenic
Prune juice	A L	Helps Constipation.
Raw Tomato juice	B	Rich in Lycopene's. Slows down tumor growth in some types of Cancer.
Rose apple Juice	a	Rich in Vitamin C, Potent anti-aging activity.
Sugar Cane Juice		High in sugar. Helps the Liver heal. Rich in iron, cleans the Intestines.

Spinach juice	a	Rich in iron and calcium. Can aggravate kidney stones. Good source of chlorophyll.
Sweet Lime Juice	B	Helps remove Aluminum from the Body.
Wheat Grass Juice	B	Contains Gluten. Has Anti cancer properties for some types of Cancer.
White Pumpkin & bottle gourd Juice	B	Cleansing

Nuts & Seeds

Nuts & seeds are a good source of protein & fat. They contain up to 40% protein & up to 40 % of fat. The balance is mostly fibre and water. Daily consumption should not exceed 75-100 gms. If taken in excess, they raise cholesterol, lipid and acid levels. The world health organization (WHO) recommends that the daily protein intake should not exceed 0.6 gms per kilogram of body weight. Nuts are a good source of calories in cold weather. If eaten in excess in hot weather it can cause excessive heat and boils. Sprouted seeds and nuts provide a rich and easily absorbable source of Vitamin B. Nuts contain Omega 6 fats. Omega 3 & omega 6 oils help the cell membrane to absorb and utilize oxygen thus maintaing cell health and preventing cancer.

NUTS AND SEEDS	pH	Protein content /100 gms dry peeled weight	COMMENTS
Almonds	b	38	Help recovery of brain and nerves. It helps preserves memory. Softens & moistens skin. Reduces serum LDL cholesterol levels & helps prevent & reverse heart disease.
Cashew nuts	N	40	Can raise the Cholesterol. Can cause allergies.
Chestnuts	b	24	
Coconuts	B	3	In excess can raise the Cholesterol, Coconut Water is a good source of Potassium.
Flax seed	b	32	Reduces Cholesterol, rich source of Omega 3 & omega 6 fatty acids. Removes heavy metals.
Hazelnuts	b	36	Can cause allergies.
Macadamia nut	a	35	
Melon seeds	b	26	Rich in zinc
Peanuts	N	37	In excess can raise the Cholesterol. Can cause allergies. Rich in Omega 6 oils
Pine Nuts	a	41	
Pistachio	a	38	
Pumpkin Seeds	b	27	Rich in zinc
Sunflower seed	b	38	Contains unsaturated fat and helps heart disease.
Walnuts	N	37	Helps arthritis and autoimmune disorders. Can cause allergies. Rich in Omega 3 oils. Reduces serum LDL cholesterol levels & helps prevent & reverse heart disease.

Oils & Fats.

These are essential nutrients for producing hormones and to keep the skin healthy. They protect the nerve (myelin) sheath, thus protecting and restoring the health of the nerves. They insulate the body and form an energy reserve in the body. Oil intake should usually be 10 to 15% of daily calorie intake for sedentary people (about 40 ml, 1.5 tablespoons) daily. In very cold climates or for people doing hard manual labour, oil consumption may

safely go up to 50% of total calorie intake. In neurological ailments, oil intake needs to be higher during the recovery period.

A healthy diet needs a combination of saturated, mono-unsaturated, di-unsaturated and poly-unsaturated fat. The body is able to produce saturated fat from the excess calories which are consumed. The body is unable to produce significant quantities of mono-unsaturated, di-unsaturated and poly-unsaturated fat, so these are required in small quantities in our diet. Poly unsaturated fats are supposed to raise HDL cholesterol levels, reverse arteriosclerosis & heart disease.

Fats are solid at room temperature while oils are liquid at room temperature. Cold pressed oils are safer & tastier than solvent extracted oils but have a very short shelf life. No oils contain cholesterol but an excess of saturated fats in the diet can be converted into cholesterol. All oils containing varying amounts of saturated & unsaturated fats. The predominant type is mentioned below. All oils are sensitive to heat, light and exposure to oxygen. It is better to buy oil in containers or packaging in a size that you would use in a few days. Oils have a short shelf life & turn rancid in a few weeks. Rancid oil has an unpleasant aroma, an acrid taste, and can be carcinogenic. It is best to store all oils in the refrigerator or in a cool, dry place. Oils thicken in a refrigerator, but if you let them stand at room temperature they soon return to a liquid state. Take your oils out of cold storage as you need to use them.

Refined oils, high in monounsaturated fats keep for up to a year (olive oil may keep up to a 18 months), while those high in polyunsaturated fats keep about six months. Extra-virgin and virgin olive oils keep at least 9 months after opening. Other monounsaturated oils keep well up to eight months; unrefined and cold pressed polyunsaturated oils last only about half as long. All the oils mentioned below especially those of vegetable origin contain varying amounts of saturated, mono unsaturated, di-unsaturated and poly unsaturated oils.

Oils & Fats	pH	Saturation	Temperature tolerance	Comments & Properties
Almond oil	N		High	Good for massage. Helps the recovery of Brain tissue & nerves.
Butter	N	Saturated		Can cause allergies
Cashew nut oil	a			Can cause allergies
Castor Oil	A			A strong laxative.
Coconut oil	N	Saturated	Low	Provides medium chain Triglycerides which can improve the memory, and help many neurological problems. Dosage about 20 ml/day. Can increase total cholesterol, especially HDL cholesterol. Lowers LDL cholesterol. Good for repeated deep frying of foods.
Corn oil	N	POLY	Medium	Contains Gluten. Poly unsaturated. Associated with increased risk of breast cancer.
Cotton seed oil	N	poly	Medium	Can be carcinogenic especially if extracted from GM cotton seed.

Flax seed oil (Linseed oil)	b		Low	Contains Omega 3 & Omega 6 oils. Reduces arteriosclerosis & heart Disease. Helps Menopausal symptoms. Can be used as salad dressing. Warning : The Omega3 oils are destroyed by heating. Turns rancid rapidly, turning carcinogenic. Has a shelf life of a few weeks only. Best had by chewing flax seed or eating freshly ground flax seed.
Ghee	b	Saturated	High	Milk product so can cause allergies. Can help arthritis.
Grape seed oil	a	Poly	High	Anti cancer
Groundnut (peanut) oil	b	Mono	High	Used for deep frying & cooking in Woks at high temperature. Can cause allergy in patients allergic to peanuts Can be infected with aspergillosis fungus which cause liver cancer.
Lard (animal fat)	b	Saturated	Medium	Associated with increased arteriosclerosis. Also associated with increased risk of cancer especially of breast, uterus & prostate. Can cause allergies in people allergic to dairy products. Usually extracted from beef or pig meat. Can cause Hormonal abnormalities.
Margarine	b	saturated	Low	Contains trans-fat & associated with an increased risk of arteriosclerosis & colon cancer.
Mustard Oil	a	Di unsaturated		Warming oil. Good for eating & massaging in cold weather.
Olive oil	a	Mono	Medium	Can clear gallstones. Virgin or extra virgin olive oil Contains Anti-oxidants which help restore & maintain health. should not be used for cooking, use uncooked with bread, on pasta or as a salad dressing.
Palm Kernel oil	N	Saturated	Medium	Associated with increased arteriosclerosis.
Palm oil	b	Saturated	Medium	Associated with increased arteriosclerosis.
Rapeseed oil (Canola)	A	Mono	Medium	Contains a high percentage of erucic acid, a toxic fatty acid. These levels have been reduced significantly through the process of cross-breeding, which replaces the erucic acid with oleic acid (a monounsaturated fat). Can cause allergic reactions & breathing problems.
Rice bran oil	N	Mono	High	Best oil for cooking in Woks at high temperature. May contain significant amount of pesticides.
Safflower oil	b	poly	High	Good oil for cooking vegetables.
Sesame oil	b	Mono & poly	Medium	Best oil for massage as it is absorbed easily carrying other essential oils into the body. Good for restoring functioning of nerves.
Soya bean oil	N	poly	High	Associated with increased risk of breast and liver cancer. Can contain significant residues of pesticides
Sunflower oil	N	poly	High	Rich in unsaturated fat
Walnut oil	a	mono & Di		Can cause allergies in people allergic to nuts.

DRINKS : Alcoholic & non Alcoholic.

Water is the best drink for our bodies. Alcohol aggravates all infections, damages the liver, pancreas & brain. Optimal quantities of alcohol are very small. Classically 8-10 ml of hard liquor per day or 30 ml of wine have the optimal beneficial effect on raising HDL or good cholesterol. More than this tends to lower it and damage the body. Excess alcohol damages the brain, pancreas and liver leading to loss of memory, slurring of speech, pancreatitis, and cirrhosis of the liver. Some people (more common in ladies) are unable to detoxify alcohol, and such people should stay totally off alcohol. Diabetics should avoid all alcohol. Liqueurs are sweetened and should not be had by diabetics.

Name of Drink	pH	COMMENTS	Maximal safe quantities/day
Almond Liqueur	b	Contains nuts and can cause an allergic reaction.	15ml
Brandy	B	May contain Yeast, aggravates Infections.	30ml
Bailey's Irish cream Liqueur	b	Contains milk products. Can cause an allergic reaction.	15ml
Beer	AG	Contains Glycerine, Yeast, Gluten & is High in Calories, Aggravates Infections	120 ml
Champagne	Ag	Contains Yeast, Aggravates Infections	50 ml
Cider	Ag	Contains Yeast, Aggravates Infections	30 ml
Coffee	A	Contributes to heart disease and arteriosclerosis. Aggravates peptic ulcers. Contains Caffeine, counteracts Homeopathic Medicine & is allergenic.	120 ml
Cola Drinks	A	Contains caffeine & artificial colorings & flavorings. Contributes to Diabetes, Cancer & poisoning of the body. Corrodes teeth. When drunk from aluminum cans causes loss of memory and acidity.	200ml
Diet Colas	A	All of above and also contains Aspartame. Can cause myalgias & chronic fatigue. When drunk from aluminum cans causes loss of memory and acidity.	0 ml
Drambui Liqueur	b	May contain Gluten & yeast	15ml
Frangelico Liqueur	b	Contains hazelnuts and can cause an allergic reaction.	15ml
Gin	B	Aggravates Infections	20 ml
Green Tea	a	Contains phenols which are anti-oxidant and help reverse arteriosclerosis.	
Herbal Teas	a		500 ml
Liqueur	a or B	Generally sweet.	20ml
Red wine	A	Contains Yeast, allergenic can trigger migraine & other allergies. Can help prevent heart disease. Aggravates Infections. Often contains Milk protein which is used to clarify the wine.	20 ml
Sparkling Water	check pH	Can be acidic or basic	3000 ml
Tea	A	Contains Anti-oxidants, Caffeine & Tannins. Green tea is safer.	350 ml
Water	N	The Best Drink of All. Try & drink 3 litres/day. Check the pH of the water from time to time. Water should ideally be neutral or slightly alkaline, at a pH 7-8.5.	5000 ml

Whiskey,	B	May contain Gluten & yeast, aggravates Infections	20 ml
White wine	Ag	Contains yeast, aggravates infections. Often contains Milk protein which is used to clarify the wine.	30 ml
Vodka	b		30ml

Cereals

Cereals are the major source of energy for the body and should constitute 50-60% of the total calorie intake of the body. Cereals give about 4 calories per gram of dry weight. They also contain small quantities of protein & fat. They help the body to bind and eliminate toxins and are an essential part of the diet. Breads made with yeast are usually acid. Most cereals are basic in nature.

Cereals can have different effects on the body. They may be Sattvic (S) which calms the body and mind and are light to digest. Others are Rajasic (R) and aid activity. Tamasic (T) cereals are hard to digest and make you lazy & sleepy.

CEREALS	pH & properties	COMMENTS
Barley	b (S)	Helps the Kidney to recover from injury.
Basmati rice	b (S)	Easy to digest, Sattvic in nature.
Bran loaf	A G H (T)	Gluten, High Fibre
Brown Rice	b (R)	Contains more iron & vitamin B
Buckwheat	b H (T)	No Gluten, Alternative to Wheat
Farmhouse bread	A G (R)	Gluten
Flour	b (R)	Gluten
Gingerbread	A G	Gluten
Maize/ Corn	b (R)	Gluten
Milk roll	A G	Gluten
Millet	b H	High Fibre
Muesli	b H (T)	Gluten
Oats	B H (R)	Rich in Calcium, Reduces Cholesterol.
Pasta	b (R)	Gluten
Potato	A (T)	
Quinoa	b (R)	No gluten. Alternative to Wheat
White Rice	b (R)	Easy to digest. Unpolished rice contains more vitamin B and fibre
Red Rice	b (R)	Contains more iron & vitamin B
Rye	N (T)	No Gluten. Alternative to Wheat
Rye bread	A H	
Sandwich loaf	A g	Gluten
Seitan (Wheat Steak)	b	Gluten

Semolina/couscous	b	Gluten
Sesame	b (S)	No Gluten
Sourdough bread	A G	Gluten
Sprouted Wheat	b (S)	Gluten, Very rich in anti-oxidants & has anti cancer effects.
Sweet Potato	a H (T)	
Tapioca	a H (T)	No Gluten
Toast	A G	Gluten
Wheat	b(R)	Gluten
Wholemeal Breads	A G H (T)	Gluten
Wild rice	b H (R)	Can contain less pesticides than normal rice.
Yam	a	Good for low estrogen states like Menopause.

Spices and Condiments

Spices and condiments are important components of food because they significantly change the taste, appearance and effect of the food even though they are used in small quantities. Many spices promote digestion. Most of them have little effect on acid base balance. Many food colorings and preservatives can be carcinogenic so use foods containing these substances sparingly.

SPICES & CONDIMENTS	Nature	COMMENTS
Apple cider vinegar	AA	Useful to restore balance in overly basic states.
Baking Powder	B	Helps in acidic states. Good substitute for yeast in baking & helping food rise.
Balsamic Vinegar	AA	
Brown sugar	b	Can contain more iron than white sugar. Diabetics should Avoid.
Caraway seed (Ajwain)	b	Warming spice, reduces gas and promotes digestion. Helps sinusitis and arthritis especially those aggravated by damp and cold weather.
Cardamom	a	Warming spice, improves Circulation all over the body including heart and brain. Is a good antispasmodic, helps stomach & menstrual cramps.
Cinnamon	a	Reduces and balances cholesterol. Repels ants.
Cocoa	N	Protects arteries. Common cause of allergic reactions. Can improve concentration, can precipitate migraine.
Cumin Seed	a	Promotes digestion, Reduces gas by breaking up gas bubbles and promotes contractions of the intestines. Helps Intestinal colic and cramps.
Fructose	a	Diabetics should Avoid.
Ginger	a	Warming spice, improves Circulation. Is a good antispasmodic, and is good to treat nausea and vomitting. Helps throat pain and difficulty in swallowing. Dried ginger helps arthritis especially those aggravated by damp and cold weather.
Grape vinegar	AA	
Harisa	a	Warming spice, reduces gas.
Honey	a	Mild Laxative, can cause allergic reactions so people with allergy problems should take this with care as it can precipitate attacks of asthma.
Jam	A	Diabetics should avoid.
Ketchup (Tomato Sauce)	A	Avoid Ketchup with MSG & preservatives.
Mace	N	Is a good antispasmodic, helps stomach & menstrual cramps.

Maple Syrup	N	Diabetics Should Avoid. Cleansing in nature. Source of Iron
Mayonnaise	A	High in Calories. Useful as a salad dressing to help weight gain.
Meso (Fermented Soya)	a	Anti Cancer, contains anti-oxidants. Forms a good base for soups.
Molasses	N	Diabetics Should Avoid. Very rich in Iron.
Mono sodium Glutamate (MSG)	N	Important cause of migraine & gastric cancer specially when used in excess.
Mustard	a	Warms the body
Nutmeg	a	Warming Spice.
Olives	a	
Pepper	a	Improves Circulation
Pickles	A	
Pollen	B	can cause allergy. Rich in Vitamin B.
Red Chilli	A	Improves Circulation. Disperses gas and can help constipation. Can aggravate piles ulcers and hyperacidity
Rock salt. Himalayan rock salt, Pink salt, black salt.	N	Excellent flavoring, can contain many interesting trace minerals, iron, calcium, magnesium & potassium according to its source. Black salt contains Sulfur and helps promote digestion & reduce Flatulence.
Salt	N	Essential for life! Excess can lead to high blood pressure.
Sea salt unrefined	N	Contains Trace minerals which are essential for health. May also contain toxic levels of heavy metals if made from polluted waters in heavily industrialized areas.
Seaweed	N	Rich source of Iodine, iron & trace minerals.
Soya Sauce.	a	Can contain gluten & aggravate gas.
Spirulina	N	contains vitamins minerals and anti-oxidants.
Tabasco sauce	A	Warming spice, reduces gas and promotes digestion
Tahini	b	
Tamarind	A	
Turmeric	N	Antiseptic, Anti inflammatory, has anti cancer properties.
Vanilla	a	
Vinegar	AA	
White sugar	a	Diabetics should avoid.
Yeast	AG	Rich source of Vitamin B

Meats, Eggs & Fish.

Meats are an important part of western diets and in excess constitute a significant health hazard, especially for those people in sedentary jobs. Meats usually have higher levels of pesticides, as animals concentrate pesticide in their bodies. All meats are acidic in nature if consumed in excess.
The guideline from the world health organization is to take 0.4- 1gram of protein per kilogram of body weight per day, of any source of protein including nuts, lentils and meats. As the water content of different meats vary an easier guideline is to take up to 1 gram of meat, fish or eggs per kg of body weight.

Meats contain high quantities of fats and cholesterol and are a risk factor for heart disease. Meats like pork, chicken, beef & fish like salmon are usually artificially fattened by using hormones and predispose to obesity, diabetes, strokes, heart disease, cancer of the breast & prostate. They also contain significant amounts of antibiotic residues which predispose to development of antibiotic resistant bacterial infections & candidiasis. In hormone fed chicken, ducks, geese & meats avoid the skin, liver & fat as these contain the highest levels of hormones. Organic or free range meats are safer, healthier & tastier.
Preserved meats like ham, salami's, sausages etc often contain Sodium Nitrite as a preservative which is associated with increased risk of cancer of the kidneys.

The farming of animals for meats, significantly contributes to global warming & to the destruction of our world as we know it. By eating meats, we are eating ourselves to destruction.

Fish caught around heavily industrialized areas like the Atlantic, around China, the Pacific coasts of America, the coasts of Maharashtra & Gujarat, contain dangerous amounts of heavy metals. Fish caught in these areas are usually dangerous to health and are better avoided. Canned fish is also acidic.

Small fish are lower in the food chain and are safer to eat than large fish higher in the food chain which concentrate heavy metals & pesticide.

MEATS/EGGS/FISH	pH	PROTEIN/100 grams	COMMENTS
Beef	A	38	High Cholesterol, can contain Hormones. NOT suitable for people with a milk allergy. Heavy to digest.
Chicken	A	36	Can contain Hormones and antibiotics in large quantities. Can contain residues of Milk protein when farmed
Cooked pork meats	A	55	High Cholesterol & fat.
Duck	A	48	Can contain high levels of pesticide & heavy metals.
Eggs of all kinds	a	18	High cholesterol. Eat in moderation, usually up to 3-4 eggs per week.
Game	A	47	Can contain high levels of pesticide & heavy metals.
Goat	A	48	
Ham	A	64	High Cholesterol
Horse	A	50	
Lamb	A	50	
Mutton	A	50	
Ostrich & Emu	A	49	
Pork	A	47	High Cholesterol & fat.
Rabbit & hare	A	49	
Sheep	A	40	High Cholesterol & fat.
Snails	a	25	
Turkey	A	43	Can contain Hormones and antibiotics
Veal	A	40	High Cholesterol, NOT suitable for people with a milk allergy.
Fish	a		
Tuna	A	34	Contains Omega 3 oils, Good for Atherosclerosis. Atlantic Tuna can contain dangerous levels of heavy metals.
Sardines	a	32	Contains Omega 3 oils, Good for Atherosclerosis
Anchovies	a	34	Contains Omega 3 oils.
Cod & cod liver	A	56	Can contain dangerous levels of Mercury & other heavy metals. Rich in Vitamin A& D
Eel	a	28	Can contain residues of Milk protein when farmed.
Freshwater fish	a	29	Can contain high levels of pesticide & heavy metals
Mackerel	a	29	Contains Omega 3 oils, Good for Atherosclerosis
Oysters	a	25	Good source of zinc & hence has aphrodisiac properties. Concentrate heavy metals and often cause allergies.
Pomfret, hake, dory etc.	a	19	They live along the coastal continental shelf and can contain dangerous levels of Dioxin, Mercury & other heavy metals.
Salmon	a	30	Can contain heavy metals if caught in the wild or hormones & antibiotic & hormone residues if reared in a farm.
Sea fish (white meat)	a	27	
Shark	A	36	Can contain dangerous levels of Mercury & other heavy metals.

Shellfish - mussels, crabs, Prawns, Shrimp lobster, crayfish etc.	a	34	They live along the coastal continental shelf and can contain dangerous levels of Dioxin, Mercury & other heavy metals. They selectively concentrate heavy metals and often cause allergies.
Smoked fish	a	39	May be carcinogenic.
Squid	a	21	

SWEETS	pH	COMMENTS
Continental toast	aG	Can contain milk or milk products
Pancakes	b	Contains milk.
Cakes	AG	Can contain milk or milk products
Soufflé	a	Can contain Gelatine
Candies	A	Can contain Gelatine
Chocolate	b	Can contain milk or milk products
Halwa	a	Can contain milk or milk products
Sherbet/sorbet	a	

All milk products generate mucous in the body and predispose to arteriosclerosis, heart disease and prostatic & breast Cancer.

MILK PRODUCTS	pH	COMMENTS
Almond Milk	b	Good for nerve regeneration
Buffalo Cheese	a	High Fat cheese.
Buffalo milk	b	High fat, hard to digest.
Butter	N	High Fat.
Butter milk	a	Cooling
Camel milk	a, M	

Cheese (cooked/hard)	A	Can be high in Fat & pesticides. Can cause allergies easily.
Cottage Cheese	N, M	
Cow milk	b, M	
Dairy cream	b, M	High Fat.
Goat Cheese	a	Low fat , easy to digest.
Goat milk	b, M	closest to human milk.
Human Milk	n	The best Milk. Perfect For Humans.
Ice cream	b, M	Diabetics should Avoid.
Oat Milk	B	Good substitute for milk
Rice Milk	B	Easy to digest
Roquefort/Camembert	AGM	Can cause allergies easily.
Sheep milk	a, M	
Soya milk	b, G	BUY ORGANIC , Can be hard to digest.
Soya yoghourt	b g	BUY ORGANIC. Can restore intestinal bacteria. Not good for some kinds of arthritis
Yak Cheese	a	High Fat
Yak Milk	b	Very high fat.
Yoghurt	a	Cooling. Can restore intestinal bacteria. Not good for some kinds of arthritis. Easy to digest.