

# Appendix Chapter 2

The best 4 feeding styles

<b>80% of your food (basic)</b>	<b>20% of your food (acidifying):</b>
<b>FRUIT</b>	
<i>According to the dissociated diet, you must eat fruit separately, for example as breakfast.</i>	
Currants	Lemons (large amount)
Strawberries	Grapefruits (large amount)
Apricots	Oranges (large amount)
Pineapples	Sour berries (large amount)
Apples	
Bananas	
blueberries	
Blackberries	
Cantaloupe melon	
Carambola	
Lemons (in small amounts)	
Cranberries	
Dates (fresh, not dried)	
Grapes	
Raspberries	
Pomegranates	
Guavas	
Grapefruit (in small amounts)	
Kakis	
Cherries	
Kiwis	

Raisins					
Gooseberries					
Kumquats					
Limes					
Lychees					
Mandarins					
Mangos					
Melons (don't mix with other fruit)					
Mulberrit's					
Nectarines					
Papajas					
Passion fruit					
Pears					
Peaches					
Plums					
Rhubarb					
Redcurrant					
Orange (in small amounts)					
Figs (both fresh and dried)					
Watermelon (don't mix with other fruit)					
Black currants					
<b>Vegetables</b>					
<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>	<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>
Potatoes (boiled)	Amsoi		Green cabbage	Jerusalem artichokes	Tomatoes, boiled
	Andijvie		Salsify	Artichoke	
	Asparagus, green		Sweet potato	Asparagus	
	Eggplant			Pumpkin	

	Avocado			Brussels sprouts	
	Beets			chicory	
	Bean lettuce				
	Leaf chicory				
	Celery				
	Cauliflower				
	Kale				
	Boksoi				
	Multi-leaf lettuce				
	Nettles				
	Broccoli				
	Mushrooms				
	Napa cabbage				
	Zucchini				
	Daikon				
	Peas				
	Cucumber				
	Garlic				
	Celeriac				
	Rutabaga				
	Kohlrabi				
	Head of lettuce				
	Herbs				
	Sea lavender				
	Horseradish				
	Okra				
	Dandelion				

	Paksoi				
	Bell pepper				
	Parsnip				
	Parsley				
	Snow peas				
	Purslane				
	Turnip				
	Radish				
	Rucola				
	Salsify				
	Celery				
	Chard				
	String Beans				
	Spices				
	Spinach				
	cabbage				
	Tomatoes, raw				
	Onions				
	Lamb's lettuce				
	Fennel				
	Watercress				
	Wild vegetables				
	White cabbage				
	Carrots				
	Iceberg lettuce				
	Sorrel				
<b>legume</b>					

***Not according to the hunter gatherer ways of eating***

<b><i>Carbohydrates</i></b>	<b><i>Neutral</i></b>	<b><i>Proteins</i></b>	<b><i>Carbohydrates</i></b>	<b><i>Neutral</i></b>	<b><i>Proteins</i></b>
			Aduki beans		
			Brown beans		
			Flageolets		
			Capuchin		
			Chickpeas		
			Lima beans		
			Lentils		
			Mung beans		
			Pinto beans		
			Soja beans		
			Split peas		
			broad beans		
			White beans		
			Black beans		

**CEREALS / CEREAL PRODUCTS**

***Not according to the hunter gatherer ways of eating***

<b><i>Carbohydrates</i></b>	<b><i>Neutral</i></b>	<b><i>Proteins</i></b>	<b><i>Carbohydrates</i></b>	<b><i>Neutral</i></b>	<b><i>Proteins</i></b>
Corn			Amaranth		
			Barley		
			Oats		
			Kamut		
			Quinoa		
			Rye (bread)		
			Spelt		
			Wheat		

			Unpolished rice		

**NUTS & SEEDS**

<i>Carbohydrates</i>	<i>Neutral</i>	<i>Proteins</i>	<i>Carbohydrates</i>	<i>Neutral</i>	<i>Proteins</i>
	Almonds			Cashews	
				Brazil nuts	
				Pecans	
				Sesame seeds	
				Walnuts	
				Hazelnuts	
				Chestnuts	
				Linseed	
				Pine nut	
				Pistachenoten	
				Pumpkinseeds	
				Sunflower seeds	

**Fish and other seafood**

<i>Carbohydrates</i>	<i>Neutral</i>	<i>Proteins</i>	<i>Carbohydrates</i>	<i>Neutral</i>	<i>Proteins</i>
					Anchovies
					Perch
					Herring
					Halibut
					Codfish
					Lobster
					Mahi Mahi

					Catfish
					Flatfish
					Pollock
					Sardines
					Haddock
					Salmon
<b>Meat</b>					
<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>	<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>
					Veal (lean)
					Turkey
					Chicken
					Lamb
					Organ meats
					Beef (lean)
					Pork (lean)
					Game
<b>Oils</b>					
<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>			
	Avocado oil				
	Coconut oil				
	Olive oil (for baking)				
	olive oil cold pressed(for cold use)				
<b>Sugar</b>					
<b>Carbohydrates</b>	<b>Neutral</b>	<b>Proteins</b>			
Maple syrup					

Stevia			
<b>Drinks</b>			
Green tea	Alcohol		
Vegetable juice (fresh)	Coffee		
Herbal tea	Black tea		
Rooibos tea			
Fruit juice (fresh)			
Water			