

## **FOOD GUIDE TO ACIDIFY URINE**

### **FOODS YOU SHOULD EAT**

**SOUPS AND JUICES** – Bouillon, meat broths and soups made with foods allowed. Prune, plum or cranberry juice.

**MEAT, FISH AND POULTRY** – At least two large servings of any kind, especially chicken, duck and lean beef.

**EGGS** – One or more in any form

**DAIRY PRODUCTS** – Not more than one pint of milk and 3 ounces of cream. Cheese, especially cottage cheese, cream cheese, Gruyere, Gorgonzola, Cheddar and Swiss, no more than 2 or 3 ounces.

**VEGETABLES** – Three small servings of any vegetable except those not allowed. Corn, white beans and lentils may be used freely.

**POTATO SUBSTITUTES** – Two or more servings of white or brown rice, noodles, macaroni, spaghetti or barley.

**FRUITS** – Two small servings of any fruit except those that are not allowed. Prunes, plums and cranberries may be used freely.

**SALADS** – Any fruit or vegetable salad made with foods that are allowed, served with oil & vinegar dressing.

**CEREALS** – One or more servings dry or cooked, preferably whole grain or enriched.

**BREADS** – Four or more slices preferably whole grain or enriched. Crackers if salt is not restricted.

**DESSERTS** – Cake (without fruit) plum tarts, prune whip, Jello, rice custard, bread pudding, cookies, cornstarch pudding, tapioca pudding, and custard pie.

**BEVERAGES** – Coffee or tea

**CONCENTRATED SWEETS** – White sugar, corn syrup, cranberry sauce, plum jelly, candy other than chocolate with almonds.

**CONCENTRATED FATS** – Butter, oil, nut butter, olive oil, mayonnaise made with vinegar, cooking fats.

**MISC.** – Peanuts, walnuts, filberts, and brazil nuts

**FOODS YOU SHOULD AVOID**

JUICES – Citrus fruit juices, such as orange, lemon, lime and tomato

DAIRY PRODUCTS – avoid excessive amounts of milk products including malted and milk shakes

VEGETABLES – Potatoes, lima beans, soy beans, beef greens, parsnips, spinach, dried vegetables.

FRUITS – Cantaloupe, raisins, dates, figs, dried fruits (except prunes), citrus fruits.

BEVERAGES – Flavored sodas, fruit-ades.

MISC. – Olives, molasses, almonds, chestnuts and coconut.