

Enjoy Fish with Less than 1% Fat Content

Caution Fish Contains Mercury

Better Choice

To Replace

Blue cheese	Asiago cheese
Blue veined cheeses	Dry cheeses
Cottage cheese	Cheddar cheese
Ementhaler	Hard Cheeses
Feta salt free	Mimolette cheese
Goat cheese	Mizithra
Paneer	Orange cheese
Quark cheese	Kefalotyn
Roquefort cheese	Parmesan
Swiss cheese	Romano cheese
Sheep cheese	Reggiani
Soft white cheese	Yellow cheese
Almond, rice, coconut milk	Cow, goat, animal milk
Buttermilk cultured	Whole milk
Plugra cultured butter	Butter
Yogurt, cultured	Sour cream
Yogurt plain with raw fresh fruit in season	Sweetened yogurt

Better Animal Proteins

To Replace

Lamb	Beef
Veggie burger Ø soy	Hamburger
Haddock	Salmon
Orange roughy	Tuna
Perch	Sardines
Wild game	Commercial poultry
Wild Turkey	Commercial turkey
Wild pheasant	Commercial chicken

Sole (American)	1.0
Sole (Dover)	1.0
Haddock	1.0
Pollock	1.0
Grouper	1.0
Orange Roughy	1.2
Rock Cod	1.2
Yellowfin tuna (Ahi)	1.3
Snapper	1.3
Monkfish	1.5
Ocean perch	1.6
Mackerel (king)	2.0
Halibut	2.3
Striped bass	2.4
Smelt	2.4
Rainbow trout	3.4
Swordfish	4.0
Bluefish	4.2
Catfish	4.3
Bluefin tuna	4.9
Salmon	6.3
Albacore tuna	7.2
Lake trout	9.4
Chinook salmon	10.4
Mackerel (atlantic)	13.9
Chinook salmon, wild king)	22

Best to avoid animal proteins altogether. If you are unable here are better choices. Limit 3 ounces/day, two times a week.

PLANT BASED ALKALINE DIET

NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM

LOW SALT 1200 MG SODIUM

WATER