

Enjoy Fish with Less than 1% Fat Content

Caution Fish Contains Mercury

Substitute these Dairy Choices For the Following

Blue cheese	Asiago cheese
Blue veined cheeses	Dry cheeses
Cottage cheese	Cheddar cheeses
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 0% Fat	Sour cream
Yogurt plain with raw fresh fruit in season	Sweetened yogurt

Substitute these Animal Proteins For the Following

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

🍌 PLANT BASED ALKALINE DIET 🍌 NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM 🍌 LOW SALT 1200 MG SODIUM 🍌 WATER

It is best to avoid animal proteins altogether. During the transition phase to PKD Diet if you must have cheese then the white soft goat cheeses and cultured cheeses are preferable such as emmenthaler, paneer, quark, or cultured non-fat buttermilk, plugra butter, or non-fat Greek cultured yogurt without sweeteners. If you must have animal proteins then lamb, fish or game is preferable keeping the quantity to three ounces per day and no more frequent than twice a week. Low fat fish is preferable to high fat fish.