

A V O I D P K D F O O D S

With Polycystic Kidney Disease ©

Ahi tuna	Cantaloupe transported	Crustaceans	Ginger	Locomoco	Patis	Raw egg whites	Stroganoff
Alaskan king crab	Carrot cake	Cupcakes	Ginseng	Lupin	Peanut butter	Raw eggs	Stuffing with wheat
Albacore tuna	Carrots baby (chlorine)	Custard	Glucosamine	Maca	Peanut butter cookies	Ready eat vegetables	Sucrose
Alcoholic beverages	Catfish	<i>Dairy</i> ❖	Goji nightshade	Macaroni and cheese	Peanut butter cups	Red meat	<i>Sugar</i> ❖
Ale	Celery	Danish	Grain beverage: postum	Macaroni salad	Peanut butter pretzels	Red rice yeast	Sugar cane juice
Alfalfa sprouts	<i>Chaparral tea</i> ❖	Dark chocolate	Grain beverage: soy kafe	Mackerel	<i>Peanuts</i> ❖	Red Velvet Cake	Sugar cookies
Aloe (do not eat)	Charred meats	De-caf coffee	Grapefruit	Malasadas	Pemican	Rhubarb	Sunflower seeds
Anchovies	Cheddar cheese	De-caf cola	Green Tea	Malt liquor	Pepperoni	Rice wine	Sushi
Andouille sausage	Cheerios	De-caf tea	Ground fish, meat, poultry	Margarine	Peppers	Rice, white	Swedish meat balls
Angelica	Cheese	Dill	Ham hocks	Meat balls	Pheasant, commercial	Rolls yeasted	Taco
<i>Animal proteins</i> ❖	Cheese orange	Dill pickles	Hamburger	Meat loaf	Pickled egg	Rosemary	Tahini
Apple strudel	Cheese parmesan	Donuts	Hard cheese	Melaleuca	Pickles	Sage	Tamales lard
Artificial sweetener	Cheese puffs	Duck	Hash browns	Melons transported	Ple, lard sugar	Saké	Tamari
Aubergine	Cheeseburger	Earl gray tea	Hawthorne berries	Methionine	Piña colada	Salami	Tamarind
Bacon	Cheesecake	Éclair	Herring	Microwaved food	Pink meats:bacon,hot dog	Salmon	<i>Tea, caffeine</i> ❖
Baguette wheat yeast	Cheesesteaks	Edamame	Hershey bars	Milk shakes	Pink slime	Salt	Tempeh
Baked potato	Chicken (chlorine)	Eel	High fructose corn syrup	Milk, cow animal	Pita chips	Salt pork	Teriyaki sauce
BBQ meats	Chillies	Eggnog	Hoagies	Miso	Pizza	Sardines	Tiramasu
<i>Beef</i> ❖	Chips salted	Eggplant	Horse chestnut	Miso soup	Plums	Sashimi	Tofu
Beef pork pies	<i>Chocolate</i> ❖	Eggs scrambled	Hot chocolate	Mistletoe	Poke	Sausage	Tomato
Beer	Chocolate éclairs	Enchiladas	Hot dogs, rindwurst	Mochi	Popsicles with sugar	Scallops	Trout
Bell peppers	Chorizo	Ensure	HT: caffeine free Celst.	MSG	Pork	Scrambled egg white	Tuna
Black cohosh	Chowder dairy	Escargot	HT: chaparral	Nattō	Pork pie	Scrambled eggs	Turkey commercial
Black tea	Chrysanthemum tea	Fennel	HT: honeyVanillaChamomile	<i>Nightshade plants</i> ❖	Portuguese sausage	Sesame seed	Vegemite
Bleach	Clotted cream	Fenugreek	HT: lemon zinger	Non-dairy creamer	Potato	Shell fish	Velveeta cheese
Blood dishes	Clover	Fermented fish paste	HT: licorice root	Noni juice & fruit	<i>Potato chips</i> ❖	Shrimp	Vichyssoise
Blueberry fruit	Clover honey	Filet mignon	HT: red zinger	Oil, canola	Poultry, chlorine bath	Sloppy Joe's	Vienna sausage
Bluefish	Cod liver & oil	Fish cod liver oil	HT: tangerine orange zinger	Oil, cottonseed	Pretzels salt	Sour cream	Vinegar
Bologna	<i>Coffee</i> ❖	Fish oily mackerel	Iceberg lettuce	Oil, lavender	Prime rib	Soy	Water crackers
Bovine growth hormone	<i>Cola</i> ❖	Fish oily sardines	Jalapeño pepper	Oil, safflower	Produce dipped bleach	Soy milk	Wheat
Bratwurst	Cookies	Fish oily trout	Juice bottled or canned (BPA)	Oil, sesame	Prunes	Soy sauce	Wheat germ
Brinjais (eggplant)	Corn beef	Fish oily tuna	Kudzu	Oil, sunflower	Pudding	Spaghetti meat balls	Whey
Bundt cake	Corn syrup	Fish, oily	Lady fingers	Oil, tea tree	Pumpkin pie whipped cream	Spare ribs	White flour, rice, sugar
Butter	Cottonseed oil	Flaxseed	Lard	Onion dip	Quail eggs	Squab commercial	White tea
Cacao	Cranberry fruit	Foods in plastic	Lavendar	Organ meats	Quail, commercial	Squid	Wine
<i>Caffeine</i> ❖	<i>Cream</i> ❖	<i>French fries</i> ❖	Licorice	Packaged vegetables	Quarter pounder	<i>Starfruit</i> ❖	Worcestershire sauce
Cake	Cream puffs	Fried egg	Linseed	Pappadams	Queen Anne's lace	Steak	Yeast
Canadian bacon	Crème fraiche	Fried egg white	Liver	Parmesan cheese	Raclette	<i>Stevia</i> ❖	Yeasted baked goods
Cane sugar	Crisco	Fried foods	Liverwurst	Pastrami	Ragu sauce	Stout malt liquor	Yellow cheese
Canned soups	Croissant	Fructose	Lobster	Paté foie gras	Ramen noodles	Strawberry	Yucca

❖ Plant based Alkaline Diet

❖ Neutral Protein 0.6 grams/kilogram

❖ Low Salt 1200 mg sodium Himalayan pink salt

❖ Water