

Chapter 4: The Science I – Population Studies and Biochemical clues

| HELPFUL FOODS | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Foods | Diseases Encouraged | Diseases Inhibited |
| Fruit Non-starchy vegetables Salads Tubers (non-starchy) Berries Nuts (in moderation) Seafood and oily fish (in moderation) Wild animal protein (in moderation) Low-fat poultry (in moderation) | None | Arthritis Bowel diseases Cancers Constipation Diabetes Heart disease High blood pressure Indigestion Infectious diseases Obesity Osteoporosis |

| HARMFUL FOODS | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Foods | Diseases Inhibited | Diseases Encouraged |
| Bulk vegetable oils Dairy products Farmed "red" meat Grains Saturated fats Hydrogenated fats Trans-fats Sugars Starchy vegetables Meat (high-meat diet) | None | Allergies Autoimmune diseases Cancers Constipation Heart disease High blood pressure Indigestion Infectious diseases Obesity Osteoporosis Stroke |

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| Typical Glycemic Index | | |
|------------------------|--------------------------------|------------|
| Food | Glycemic Index (glucose = 100) | Category |
| Maltose | 110 | Bad |
| Cornflakes | 85 | Bad |
| Potato, baked | 85 | Bad |
| Bread, whole-wheat | 70 | Bad |
| Sugar | 65 | Bad |
| Pineapple | 65 | Bad |
| Rice, brown | 55 | Borderline |
| Spaghetti | 45 | Borderline |
| Banana (unripe) | 40 | Borderline |
| Raspberries | 25 | Favorable |
| Fructose | 20 | Favorable |
| Walnuts | 15 | Favorable |
| Tomato | 15 | Favorable |
| Lettuce | 15 | Favorable |

| Insulin Index | | |
|---------------|-------|----------|
| Food | Index | Category |
| Potatoes | 124 | Abnormal |
| Yogurt | 115 | Abnormal |
| Bread | 100 | Abnormal |
| Rice | 79 | Abnormal |
| Fish | 59 | Normal |
| Beef | 51 | Normal |
| Eggs | 31 | Normal |

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| Select Acid/Alkali Indexes | | |
|-----------------------------------|------------------|--------------|
| Level | Food | Index |
| Very Alkaline | | |
| | Almonds | 18.3 |
| | Avocados | 10.7 |
| | Grapefruit | 6.4 |
| | Tomatoes | 5.6 |
| | Cucumber | 3.2 |
| | Apples | 3.0 |
| Neutral | | |
| | | 0 |
| | Bread, toasted | -2.6 |
| | Cheese, cheddar | -5.4 |
| | Spaghetti | -7.5 |
| | Peanuts | -11.6 |
| | Bacon | -17.0 |
| | Chicken, roasted | -25.4 |
| Very Acid | | |