

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

With Polycystic Kidney Disease ©

3-benzylidene-camphor	BPA	Clover ❖	Eel	Groundsel	Keishi-bukuryo	Mixed alcoholic drinks	Phthalates	Reseratroil	Soy sauce	Tomato juice
4-Methylbenzylidene sunscn	Bratwurst	Clover honey	Eggnog	Groupier ↑ mercury	Ketoconazole	Mochi	Phytates phytic acid	Rhubarb	Spaghetti meat balls	Trehalose
Acesulfame potassium	Brinjais (eggplant)	Coca cola	Eggplant	Hair dye chemicals	Kola cola nut	Monterrey jack cheese	Phytoestrogens	Rice wine	Spaghetti wheat	Trout
Achyrocline	Brown sugar	Cocacola	Brown sugar	Cocktails	Kombucha	Moscovado sugar	Pickle juice	Rice, white	Spare ribs	Truvia
Acrylamide	Buchu	Coconut sugar	Enchiladas	Hamburger	Kudzu	Motrin	Pickled egg	Roast beef pre-cooked	Spinach caution	Tuna ↑ mercury
Advil	Buckthorn	Cod liver & oil	Endocrine disruptors	Hard cheese	Kwao krua kao	Mozzarella cheese	Pickles	Rolls yeasted	Spirits	Turbinado sugar
Agave	Bundt cake	Coffee ❖	Ensure	Harmful herb teas: caffeine free	Lady fingers	MSG	Ple, lard sugar	Rolly toothpaste	Spirulina	Turkey, commercial
Ahi tuna	Butter	Cola ❖	Ephedra sinica	Harmful herb teas: chaparral	Lard	Multiple vitamins	Piña colada	Romano cheese	Splenda	Tylenol
Air fresheners phthalates	ButylatedHydroxyanisole BHA	Cola drinks	Erythritol	Harmful herb teas: honeyVanillaChamomile	Latté	Nail chemicals	Pink meats, bacon hot dogs	Root beer	Squab commercial	Uva Ursi
Alaskan king crab	Cacao	Cola Nut	Erythrosine FD C Red 3	Harmful herb teas: lemon zinger	Laundry powder	Nail polish/removers	Pink slime	Rosemary	Squid	Valerian
Albacore tuna	Caffeine ❖	Comet cleanser	Escargot	Harmful herb teas: licorice root	Lavender	Naproxen	Pita	Rum, scotch, gin	St. John's Wort	Veg juice bottled/canned BPA
Alcohol ❖	Cake	Comfrey	Estrogen disruptors	Harmful herb teas: red zinger	Lecithin	Nattó	Pita chips	Russet potato	Star anise	Vegemite
Ale	Callilepis laureola	Commercial poultry	Estrogen pill/cream/patch	Harmful herb teas: tangerine orange zinger	Lei gong teng (Wait)	Neats foot oil	Pizza wheat yeast	Saccharin	Star fruit ❖	Velveeta cheese
Alfalfa sprouts	Canadian bacon	Concentrated sugar	Excedrin	Hash browns	Licorice	Neotame	Plastic	Safflower oil	Steak	Vichyssoise
Aloe Ø eat	Candy	Cookies	Expresso	Hawthorne berries	Licorice drinks	Nightshade plants ❖	Plastic wrap	Sage	Stephania tetrandra	Vienna sausage
Aluminum	Cane sugar	Coral calcium	Fabric softner	Heating in microwave	Lindane (insecticide)	Nizoral	Plums	Sake ❖	Stevia	Vinegar
Amalgam	Canned juice	Corn beef	Famotidine	Heptachlor (insecticide)	Link sausage	Non-dairy creamer	Poke	Salami	Stout malt liquor	Water crackers
Ammonia	Canned soups	Corn syrup	Fennel	Herb: uva ursi	Linseed	Non-stick teflon	Pomegranate juice caution	Salmon	Stranganoif	Wheat
Anabolic steroids	Cannoli	Cosmetics with cod liver oil	Fenugreek	Herb: valerian	Lithium	Noni juice & fruit	Popsicles with sugar	Salt limit	Strawberry	Wheat germ
Anchovies	Cantaloupe (fungus)	CosmeticsPhnoosyethanol	Fermented fish paste	Herb: wild carrot	Liver	Nonylphenol derivatives	Pork	Salt pork	Strawberry drinks	Whey
Andouille sausage	Cappuccino	Cottonseed oil	Fettuccine wheat	Herb: wild yam	Liverwurst	NSAIDs	Pork pie	Saran wrap	Stuffing with wheat	White flour, rice, sugar
Angelica	Carbon tetrachloride	Cranberry whole fruit	Filet mignon	Herb: willow bark	Lobelia	Nutmeg	Portuguese sausage	Sardines	Sucralose	White sugar beet sugar
Angelica dong quai	Carbonated drinks	Cream	Fish cod liver oil	Herbicides	Lobster	Oil, canola	Potato	Sarsaparilla	Sucrose	White sugar cane sugar
Animal proteins ❖	Carnitine	Cream puffs	Fish oil ❖	Herring	Locomoco	Oil, cottonseed	Potato chips ❖	Sarsaparilla drinks	Sugar ❖	White tea
Apple cider Ø sugar	Carrageenan	Creatine supplements	Fish oily mackerel	Hershey bars	Lollipop	Oil, lavender	Poultry chlorine bath	Sashimi	Sugar cane	Wild carrot
Apple strudel	Carrot cake	Crème fraiche	Fish oily sardines	HFCS	Lupin	Oil, safflower	Pregnancy	Sassafras	Sugar cane crystals	Wild yam
Aristolochia	Carrots baby(chlorine)	Crisco	Fish oily trout	High fructose corn syrup	Ma huang	Oil, sesame	Premarin	Sassafras drinks	Sugar cane juice	Wild yam progesterone cream
Artificial sweetener	Cascara sagrada	Croissant	Fish oily tuna	Hoagies	Maca	Oil, sunflower	Prepared packaged foods	Satureoides	Sugar cookies	Willow bark
Asiago cheese	Catfish	Crustaceans	Flaxseed ❖	Hops	Macaroni and cheese	Oil, tea tree	Pretzels wheat salt	Sausage	Sunet	Windex
Aspartame	Celandine	Cupcakes	Fluoride	Hormones	Macaroni salad	Onion dip	Prime rib	Saw palmetto	Sunflower seeds	Window cleaners
Aspirin	Celery	Custard	Fontina cheese	Horse chestnut	Macela	Orange roughly ↑ mercury	Processed foods	Scallops	Sushi	Wine ❖
Atrazine	Chaparral tea ❖	Dairy ❖	Forskolin	Horseradish	Macela achyrocline satureoides	Organ meats	Produce chlorine bath	Scent fragrance	Swedish meat balls	Woodruff
Atrazine weedkiller	Charred meats	Dandelion greens	Fragrance	Horsetail	Mackerel ↑ mercury	Organic chlorines pesticides	Progesteron cream	Scrambled egg white	Sweet clover	Worcestershire sauce
Aubergine	Chaste-tree berry	Danish	Franks	Hot chocolate	Magnolia Officinalis	Osha root	Prosciutto	Scrambled eggs	Sweet One	Xagave
Aubergine	Cheddar cheese	Dark chocolate	French fries	Hot dogs, rindswurst	Mai tai	Oven cleaners	Provolone cheese	Sea bass ↑ mercury	Sweet'N Low	Xenoestrogens
Bacon	Cheerios	DDT and residue	Fried egg	Hot tamales with lard	Malasadas	Packaged vegetables	Prune butter	Seaweed	Swordfish ↑ mercury	Xylitol sugar
Baguette wheat & yeast	Cheese	De-caf coffee	Fried egg white	Hot toddlers	Malt liquor	Pappadums	Prune juice	Senna	T'u-san-chi	Yeast ❖
Baked potato	Cheese orange	De-caf cola	Fried foods	HRT hormone replacement	Maltitol	Parabens	Prunes	Sesame seed	Table sugar	Yeasted baked goods
Bamboo rice	Cheese parmesan	De-caf tea	Fructose	HT = harmful herb teas	Mannitol	Paracetamol	Pudding	Shark ↑ mercury	Taco	Yellow cheese
Bathroom sprays	Cheese puffs	DEHP PVC plasticizer	Genistein	HT: caffeine free	Maple syrup	Parmesan cheese	Pumpkin pie whipped cream	Shell fish	Tagatose	Yerba maté
BBQ	Cheeseburger	Demerara sugar	Genitamicin	HT: chaparral	Margarine	Pastrami	PVC polyvinyl chloride	Shrimp	Tahini	Yucca
BBQ meats	Cheesecake	Dieldrin insecticide	Ghee	HT: honeyVanillaChamomile	Marlin ↑ mercury	Paté foie gras	Quail eggs	Siberian ginseng	Tamales lard	
Bearberry	Cheesesteaks	Diethylstilbestrol	Ginger	HT: lemon zinger	Maté	Patis	Quail, commercial	Sietan	Tamari	
Beef ❖	Chemicals ↑ cough	Dill	Ginger ale	HT: licorice root	Meat balls	Pau d'arco	Quarter pounder	Silver amalgam	Tamarind	
Beef pork pies	Chervil	Dill pickles	Gingko biloba	HT: red zinger	Meat loaf	Peanut butter	Queen Anne's lace (wild carrot)	Skullcap	Tansy	
Beer ❖	Chicken chlorine ❖	Dong Quai	Ginseng	HT: tangerine orange zinger	Meat, red	Peanut butter cookies	Raclette	Sloppy Joe's	Tarragon	
Beet sugar GMO	Chicken nuggets	Donuts	Glucosamine	Hydrogenated starch hydrolysate	Melaleuca	Peanut butter cups	Ragu sauce	Smoothies Ø dairy	Tea black	
Bell peppers	Chilies	Doxidan	Glycols	HT: honeyVanillaChamomile	Melons transported	Peanut butter pretzels	Ragwort	Smoothies Ø sugar	Tea caffeine ❖	
BHT	Chips, salted	Dr. Pepper	GMO	HT: lemon zinger	Mercury	Peanuts	Ramen noodles	Snakeroot	Tea green	
Bisphenol A	Chloride	Dried plums	Goji nightshade	HT: licorice root	Methionine	Pemican	Raw egg whites	Soap powders	Tea white	
Black cohosh	Chlorine clorox comet	Dried prunes	Golden seal root	Impila root	Methylparabens	Pennyroyal	Raw eggs	Sodium bicarbonate	Tee tree oil	
Black tea	Chocolate	Dried strawberry	Golden yukon potato	Isomalt	Microwaved food	Pepcid	Ready to eat vegetables, chlorine	Solvents	Teeth plastic fillings	
Bleach	Chocolate éclairs	Dry cleaning chemicals	Gotu kola	Italian sausage	Microwaved popcorn	Pepperoni	Red clover tea/honey ❖	Sorbitol	Tempé	
Blood dishes	Chorella	Dryer sheets	Grain bev: postum	Jalapeno pepper	Milk goat	Peppers	Red food dye	Sorrel	Teriyaki sauce	
Blueberry whole fruit	Chorizo	Dubliner cheese	Grain bev: soyKaffee	Jason PowerSmile toothpaste	Milk shakes animal	Perfumes	Red meat	Sour cream	Testosterone	
Bluefish ↑ mercury	Chowder dairy	Duplex	Grapefruit fruit caution	Jin Bu Huan	Milk, cow animal	Pesticides	Red rice yeast	Soy ❖	Tilefish ↑ mercury	
Bologna	Chrysanthemum tea	Earl gray tea	Grapefruit juice caution	Juice bottled/canned (BPA)	Miso	Pheasant, commercial	Red velvet cake	Soy flour	Tiramasu	
Bottled juice	Cleanser with bleach	Éclair	Green tea	Juniper berries	Miso soup	Phenacetin	Red white potato	Soy lecithin	Tofu	
Bovine growth hormone	Clotted cream	Edamame	Ground fish, meat, poultry	Kava	Mistletoe	Phenoxyethanol	Reggiano cheese	Soy milk	Tomato	

❖ Plant based Alkaline Diet

❖ Neutral Protein 0.6 grams/kilogram

❖ Low Salt 1200 mg sodium Himalayan pink salt

❖ Water