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Is your pH Healthy

How a balanced pH level improves your health and how to choose the right foods to correct your pH.

Researched by David Coory

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Researched by David Coory -

Author of New Zealand's top selling nutrition book

'Stay Healthy - by supplying what's lacking in your diet'

over 94,000 copies sold and now in its 10th edition.

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Why pH is critical to your health

The pH scale is an acid-alkaline measurement between zero and 14. Zero is very acid and 14 is very alkaline. The ideal range for our body cells is a neutral pH of 6.8 to 7.0. Below this, the body is acidic and disease thrives in an acidic body.

You can easily check your cell pH at home with a simple saliva test. A consistent reading of 6.2 or lower is reason for serious concern.

As a full time health and nutrition researcher, friends and relatives often ask me for advice when they have a serious health disorder.

I give them a saliva pH test and at the same time give the test to a healthy person and also take one myself. The sick person will usually have an acid pH reading, my own and the other healthy person will generally be a normal 6.8 to 7.0.

This is often a shock to the sick person, but the evidence is plain. They then become motivated to raise their pH to normal and ask how they can do this. This booklet explains how.

How to test your pH

You can easily check your pH with a simple saliva test kit. A urine test on the contrary is unreliable, as results are largely dependent on recent food intake and current exercise levels.

- Step 1** Wait until you have had no food or drink for about two hours. Swallow the saliva in your mouth and suck in fresh saliva.
- Step 2** Place the tip of the testing litmus strip in your mouth to soak in saliva for approx 10 to 20 seconds.
- Step 3** Remove the strip from your mouth and briefly wait for the colour to stabilise.
- Step 4** Match the colour to the colour chart supplied and read off your pH.

For optimum health and immunity, your saliva pH should be between 6.8 and 7.0. A low pH reading is undesirable as it indicates unhealthy acidity in the body.

For further information on pH and health you may like to read the book 'The pH Miracle' by Dr. Robert O. Young, Ph.D. D.Sc.

Four main causes of low pH

1. Too much acid-forming food such as meat, sugar, alcohol, coffee and processed grains.
2. Too much phosphorus and too little calcium in your diet.
3. Long periods of stress.
4. Some pharmaceutical medications.

How to raise your pH

Dieticians recommend a diet of 80% alkaline foods and 20% acid foods for optimal health.

See the next page for a list of common foods and whether they are acid or alkaline. Concentrate on increasing the level of alkaline foods in your diet, and reducing the level of acidic foods. This will help you achieve the correct balance.

Dieticians recommend we get twice as much calcium as phosphorus in our diet for optimal health.

Our typical New Zealand diet usually gives us three parts phosphorus to one part calcium, so we are getting six times too much phosphorus in our diet. Superphosphate fertilised crop and farmlands are a source of increased phosphorous in our food chain.

So along with the acid/alkaline guidelines, you should also reduce your high-phosphorus foods by at least half and increase your calcium levels.

Phosphorus is an acidic mineral, while calcium is a mineral that neutralises acid.

Increasing your calcium level can be done either by altering your food intake or by taking a calcium supplement, or a combination of both.

In the final part of this booklet the phosphorus/calcium levels of 500 foods are listed. This will help you identify which foods to avoid to minimise your intake of foods high in phosphorus and which foods to eat to increase your intake of calcium.

Maintaining a healthy pH level

Applying this should gradually raise a low pH reading to a healthy 6.8. to 7.0.

When you finally achieve a healthy pH level, keeping your calcium intake at double your phosphorus intake should be enough to maintain a healthy pH level.

It can be a slow process as your body has trillions of cells and it normally requires several months of dedicated work.

Acid and Alkaline forming foods

The easiest way to correct a pH imbalance is to change the foods that you eat.

Increase your level of alkaline foods and reduce your level of acidic foods. Pay special attention to removing highly acid foods from your diet and including as many highly alkaline foods as possible into your diet.

Highly alkaline foods	Highly acid foods
Lemons Melons Dried figs and dates Seaweeds Parsley Watercress Cayenne Papaya and mango Kiwifruit Asparagus Passionfruit and pineapple Raisins Fruit and vegetable juices Stevia	Artificial chemical sweeteners Carbonated drinks Beer Chicken Chocolate Coffee Liquor White pasta and rice Wheat breads Beef, pork and lamb White sugar Goat meat Black tea
Moderately alkaline foods	Moderately acid foods
Apples Alfalfa and avocados Carrots and celery Banana Grapes Grapefruit Green leafy herbs Lettuce Pears Peas Pumpkin Spinach	Buckwheat Rice and corn breads Cooked whole eggs Mayonnaise Oats Peanuts Rice / basmati and brown Fish Refined cereals Shellfish Whole wheat Wine Sweetened yoghurt

Balancing your Phosphorus and Calcium levels

Phosphorus is a required mineral in our body and found in every cell. However like sugar, it is highly acid. Too much phosphorus when not balanced with alkaline calcium can seriously alter the pH of our body cells, laying the foundation for serious health disorders.

The normal ratio of phosphorus to calcium in our cells is one part phosphorus to two parts calcium. However a typical New Zealand diet provides excessive phosphorous, usually resulting in three parts phosphorous to one part calcium.

Along with increasing the level of alkaline foods, you should also consider moderating those types of foods that have poor balance. These may still be healthy foods so it is more about moderation and awareness. A calcium supplement is also recommended.

The following tables identify the balance of common foods. This is not a guide to healthy foods, but enables you to identify those foods in your diet that do not have a good balance.



Phosphorus and Calcium levels of 500 New Zealand foods

Maximise your intake of foods that have a high or good calcium/phosphorus balance ● or ●●. Minimise your intake of foods which have a near balance ●. Avoid foods with a poor phosphorus/calcium balance ● or ●●.

(There are healthy foods like wheat germ that have a poor balance but will do little harm in small amounts)

Phosphorus/Calcium balance coding

- High calcium, over twice the level of phosphorus.
- Balance good, calcium and phosphorus within 10%.
- Balance OK, calcium to phosphorus within 50%.
- Balance poor, phosphorus more than double calcium.
- Imbalanced, over 10 times phosphorus to calcium.

Phos Amount of phosphorus in milligrams per serving.

Calc Amount of calcium in milligrams per serving.

DRINKS		Phos	Code	Calc
1 cup	Apple juice	16	●	13
1 can	Beer	25	●	11
1 jug	Beer (1 litre jug)	70	●	30
1	Beer stout large bottle	128	●	60
3 tsp	'Bournvita' powder	26	●	32
3 tsp	Chocolate drinking powder	13	●	2
1 glass	Cider apple	5	●	14
1 tbsp	Cider vinegar	1	●	1
1 can	Coca-Cola/Pepsi	58	●	22
1 can	Coca-Cola/Pepsi diet	32	●	14
1 tsp	Cocoa powder	13	●	3
4 cups	Coffee brewed	22	●	22
2 cups	Coffee cafe latte	316	●	381
2 cups	Coffee cappuccino	147	●	152
2 cups	Coffee espresso brewed	38	●	11
1 tbsp	Coffee essence	19	●	6
4 tsp	Coffee instant powder	28	●	13
4 tsp	Coffee instant decaf	23	●	11
4 tsp	Coffee substitute cereal	46	●	4

DRINKS		Phos	Code	Calc
2 tbsp	Complan	35	●	15
1 cup	Cordial from concentrate	15	●	18
1 cup	Drink 'Gatorade'	0	●	5
1 cup	Drink 'Powerade'	7	●	0
1 can	Drink 'V'	0	●	0
1 tbsp	Drink flavoured powder	3	●	6
1 cup	Grape juice	21	●	16
1 can	Lemonade	0	●	4
1 glass	Liqueur	1	●	0
3 tsp	'Milo' powder	46	●	35
1 cup	Orange juice natural	57	●	31
1 cup	Orange juice 'McDonald's'	248	●	134
3 tsp	'Ovaltine' powder	26	●	5
1 cup	'Ribena'	100	●	90
1 tbsp	Rosehip syrup	2	●	2
1 glass	Sherry	6	●	4
1 cup	Smoothie	93	●	108
1 nip	Spirits	1	●	0
4 cups	Tea	10	●	0
4 cups	Tea herbal	0	●	20
1 cup	Tomato juice	51	●	21
1 cup	Water municipal	0	●	5
1 cup	Water mineral	0	●	4
1 glass	Wine	5	●	6

BREAKFAST CEREALS		Phos	Code	Calc
1 cup	'All Bran'	702	●●	41
1 cup	'Coco Pops'	42	●	12
1 cup	'Corn Flakes'	17	●	3
1 cup	'Fruitful Porridge' cooked	909	●	191
10	'Fruity Bix'	101	●	28
1 cup	'Kornies'	91	●	11
1 cup	'Light & Tasty'	311	●	391
1 cup	'Muesli Bran'	512	●	58
1 cup	'Muesli Porridge'	412	●	130
1 cup	'Nutri-Grain'	56	●	80
1 cup	'Rice Bubbles'	30	●	2
1 cup	'Ricies'	22	●	2
4	'Vitabrits'	227	●	25
4	'Weet-Bix'	197	●	31
3	'Wheat Bran' biscuits	381	●	40
1 cup	'Wheat Puffs'	90	●	12

1 cup	'Wheat Puffs' honey	61	●	8
½ cup	Bran cereal	188	●	21
1 cup	Muesli	426	●	60
1 cup	Porridge	244	●	172
1 cup	Porridge /all milk	364	●	312

GRAIN FOODS		Phos	Code	Calc
½ cup	Barley	353	●	44
2	Biscuits 'Afghan'	41	●	16
3	Biscuits 'Arrowroot'	24	●	7
4	Biscuits 'Chocolate Thins'	93	●	17
2	Biscuits 'Digestive'	33	●	11
4	Biscuits 'Fruit Finger'	34	●	12
2	Biscuits 'Gingernut'	18	●	17
3	Biscuits 'Krispie'	23	●	6
2	Biscuits 'Mallowpuff'	61	●	42
3	Biscuits 'Malt'	24	●	6
2	Biscuits 'Shortbread'	18	●	5
2	Biscuits 'Shrewsbury'	20	●	4
4	Biscuits 'Snax'	48	●	1
2	Biscuits 'Toffee Pop'	61	●	40
2	Biscuits anzac home-made	56	●	18
2	Biscuits chocolate chip	43	●	12
4	Biscuits cream cracker	24	●	5
4	Biscuits crispbread	74	●●	6
2	Biscuits flat fruit	29	●	13
2	Biscuits layered chocolate	68	●	28
2	Biscuits peanut brownie	36	●	9
3	Biscuits wafer cream filled	14	●	5
½ cup	Bread crumbs white	54	●	22
2	Bread pita white pockets	161	●	29
2	Bread pita wholemeal pockets	256	●	34
3 slices	Bread rewena baked	363	●	66
2 rolls	Bread roll mixed grain	128	●	67
2 rolls	Bread roll white	158	●	109
2 rolls	Bread rolls wholemeal	230	●	84
4 slices	Bread rye heavy (medium)	242	●	74
4 slices	Bread rye light (medium)	202	●	53
4 slices	Bread white sliced (medium)	96	●	110
4 slices	Bread wholemeal (medium)	172	●	37
4 slices	Bread wheatmeal (medium)	276	●	163
4 slices	Bread multi-grain (medium)	250	●	131
2 buns	Bun currant	160	●	64

GRAIN FOODS		Phos	Code	Calc
2 buns	Bun iced	86	●	54
2 buns	Buns hot cross	130	●	62
1 slice	Cake banana uniced	88	●	22
1 slice	Cake chocolate iced	149	●	30
2 slices	Cake fruitcake plain	88	●	40
2 slices	Cake fruitcake rich iced	144	●	68
2 slices	Cake gingerbread	116	●	193
1	Cake lamington	253	●	116
1 slice	Cake madeira	75	●	53
1/6 cake	Cake sponge	126	●	28
1 slice	Cake carrot iced	262	●	50
2	Crumpets	79	●	14
2 tbsp	Custard powder	7	●	3
2	Doughnut rings	68	●	24
1	Doughnut with cream	100	●	42
2	Dumplings	179	●	29
2	Eclairs cream iced	65	●	27
1 roll	Filled roll ham	207	●	180
½ cup	Flour cornflour white	27	●	10
½ cup	Flour cornmeal whole	145	●●	4
½ cup	Flour millet	130	●	20
½ cup	Flour rice	143	●●	5
½ cup	Flour rye whole	218	●●	19
½ cup	Flour semolina	92	●	15
½ cup	Flour soy	172	●	57
½ cup	Flour wheat white	75	●	12
½ cup	Flour wheat wholemeal	205	●	26
1 cup	Macaroni cooked	63	●	7
2 slices	Maori bread white fried	470	●	361
2	Muesli bars (small)	120	●	27
1	Muesli bar (medium)	220	●	29
2	Muesli bars chocolate (small)	152	●	71
2	Muffins (small)	104	●	36
1	Muffin chocolate (large)	116	●	28
1	Muffin fruit (large)	293	●	108
1	Muffin bran (large)		●	
½ cup	Oat bran	428	●●	34
½ cup	Oatmeal	163	●	46
2	Pancakes (small)	93	●	60
1 cup	Pasta	255	●	57
50 gms	Pastry	37	●	9

3	Pikelets (medium)	234	●	103
2	Rice cakes	65	●●	3
½ cup	Rice white	103	●●	4
½ cup	Rice brown	310	●●	10
½ cup	Rice cereal canned	725	●	1250
½ cup	Sago uncooked	23	●	8
4	Sandwiches	470	●	168
4	Sandwiches white /chicken	499	●	124
2	Scones cheese	431	●	189
2	Scones plain	336	●	95
2	Scones wholemeal	517	●	105
1 cup	Semolina cooked	27	●	10
1 cup	Spaghetti canned	76	●	11
1 cup	Tapioca	48	●	13
4 halves	Toasted sandwich white /cheese	304	●	276
4 halves	Toasted sandwich brown /cheese	500	●	508
½ cup	Tofu	127	●	138
¼ cup	Wheat bran	168	●	17
¼ cup	Wheat germ	187	●●	11
½ cup	Wheat whole	288	●	46

HOME RECIPES		Phos	Code	Calc
1 cup	Apple crumble	73	●	19
1 cup	Bread and butter pudding	313	●	300
1 cup	Casserole mince and veggies	369	●	35
1 cup	Cauliflower in white sauce	161	●	137
1 slice	Cheesecake	224	●	110
½ cup	Chocolate sauce	77	●	13
1 cup	Christmas pudding	224	●	169
2 tbsp	Chutney	18	●	14
1	Custard square	49	●	32
2 tbsp	Dip	24	●	24
2 tbsp	Dressing french	2	●	2
2 slices	Ginger crunch	71	●	13
1 cup	Jelly	3	●●	20
100 gms	Lamb stir-fried with veggies	123	●	28
2 tbsp	Mayonnaise homemade	44	●	56
2	Meringues with cream	32	●	30
2 tbsp	Mustard mixed	45	●	27
1 svg	Pavlova with cream	18	●	12
3 tbsp	Pickle sweet	6	●	10
100 gms	Quiche	159	●	155

HOME RECIPES		Phos	Code	Calc
1 cup	Rice pudding	235	●	293
3 tbsp	Salad dressing	13	●	2
1 tbsp	Sauce mint	4	●●	17
1 tbsp	Sauce soy	16	●	3
½ cup	Sauce white	116	●	146
1 cup	Soup (from powder mix)	53	●	29
1 cup	Trifle	166	●	151
1 svg	Yorkshire pudding	48	●	37

DAIRY / EGGS		Phos	Code	Calc
2 tbsp	Butter	6	●	7
2 cubes	Cheese blue vein	153	●	215
1 slice	Cheese cheddar	119	●	184
1 slice	Cheese processed	121	●	158
1 slice	Cheese reduced fat	138	●	159
¼ cup	Cheese cheddar shredded	133	●	206
2 tbsp	Cheese cream	61	●	30
2 tbsp	Cheese cottage	36	●	18
1 tbsp	Cheese spread	142	●	76
2 tbsp	Condensed milk sweetened	84	●	110
½ cup	Cream coconut	40	●	3
3 tbsp	Cream	23	●	25
1 cup	Custard /all milk	223	●	303
1 pot	Dairy food dessert	124	●	175
2	Eggs (medium)	223	●	50
100 gms	Egg omelette cheese	290	●	283
100 gms	Egg omelette plain	191	●	45
2 med	Egg white only	22	●	3
2 med	Egg yolk only	166	●	43
1 cup	Ice cream	143	●	172
1	Ice cream 'Jelly Tip'	138	●	130
100 mls	Infant formula prepared	39	●	63
2 tbsp	Margarine	5	●	5
1 cup	Milk standard	239	●	300
1 cup	Milk reduced fat (1.5%)	468	●	590
1 cup	Milk trim	296	●	377
1 cup	Milk extra calcium	526	●	516
1 cup	Milk skim	248	●	316
1 cup	Milk human	39	●	89
1 cup	Milk goat	231	●	263
1 cup	Milk soy	275	●	300
4 tbsp	Milk powder whole	246	●	310

4 tbsp	Milk powder non-fat	285	●	370
1 cup	Milk shake 'McDonald's'	300	●	209
1 cup	Yoghurt plain	231	●	289
1 cup	Yoghurt with fruit	321	●	371
1 cup	Yoghurt soy	233	●	252

FATS / OILS		Phos	Code	Calc
2 tbsp	Butter	6	●	7
2 tbsp	Margarine	5	●	5
1 tbsp	Chefade	3	●	1
1 tbsp	Corn/maize oil	0	●	2
1 tbsp	All other cooking and food oils	0	●	0

MEATS		Phos	Code	Calc
2	Bacon rashers	350	●●	5
100 gms	Beef	172	●●	5
100 gms	Beef corned	110	●●	9
100 gms	Beef schnitzel	280	●●	10
1 cup	Beef stew	185	●	48
100 gms	Black pudding	110	●	35
1	Chicken breast	376	●●	22
2 legs	Chicken legs	380	●	48
4	Chicken nuggets	104	●	19
4	Chicken wings	151	●	18
2	Chicken drumsticks	186	●●	9
2	Frankfurters	148	●	39
100 gms	Ham sliced	260	●●	10
1 cup	Kidney beef diced	200	●●	16
100 gms	Kidney lamb	360	●●	13
100 gms	Lamb	165	●	20
1 cup	Lasagne	184	●	190
100 gms	Liver sausage	230	●	26
100 gms	Liver lamb	370	●●	6
100 gms	Liver beef	342	●●	6
100 gms	Luncheon	300	●●	25
2 tbsp	Meat paste	48	●	24
1 cup	Mince beef	262	●●	9
100 gms	Mutton	260	●●	5
100 gms	Pork	269	●●	9
1 cup	Pork mince	624	●●	24
100 gms	Salami	160	●●	10
5	Sausage rolls	275	●	35
3	Sausages beef	462	●●	32

MEATS		Phos	Code	Calc
2	Saveloys boiled	374	●	61
1 cup	Soup chicken canned	70	●	70
100 gms	Turkey	230	●●	15
100 gms	Venison	277	●●	7

FISH		Phos	Code	Calc
100 gms	Cod	190	●	22
100 gms	Crab	191	●	52
100 gms	Eel	220	●●	19
1 cup	Fish soup chowder	99	●	97
100 gms	Flounder	292	●	30
100 gms	Kahawai	229	●●	6
100 gms	Kingfish	247	●●	7
100 gms	Lobster	260	●	49
100 gms	Mussels	311	●	163
100 gms	Orange Roughy	157	●●	13
7	Oysters	193	●	47
2	Paua	192	●	42
100 gms	Pipi	103	●	48
100 gms	Salmon canned	326	●	240
100 gms	Sardines canned	430	●	460
100 gms	Scallops	193	●	21
100 gms	Shark	198	●●	6
100 gms	Shrimp	270	●	320
100 gms	Snapper	272	●●	18
100 gms	Terakihi	264	●	25
100 gms	Toheroa	103	●	48
100 gms	Trout	347	●●	21
100 gms	Tuna canned	186	●●	12
100 gms	Whitebait fritters	219	●	71

VEGETABLES		Phos	Code	Calc
½ cup	Asparagus	90	●	26
1 cup	Baked beans	283	●	34
1 cup	Beans green	34	●	50
½ cup	Beetroot canned	22	●	20
1 cup	Broccoli	133	●	59
1 cup	Brussel sprouts	84	●	41
1 cup	Cabbage	51	●	62
1 carrot	Carrot	20	●	23
1 cup	Cauliflower	320	●	53
½ cup	Celery	15	●	41

½ cup	Coleslaw	40	●	36
½ cup	Cucumber	18	●	17
2 cloves	Garlic cloves	10	●	1
2	Kumara (medium)	114	●	42
½ cup	Leeks	29	●	43
1 cup	Lentils cooked	109	●	23
1 cup	Lettuce	13	●	18
1 cup	Lettuce hydroponic	17	●	31
½ cup	Marrow	8	●	7
½ cup	Mushrooms	37	●	1
1	Onion	34	●	18
4	Onions pickled	17	●	26
1 tbsp	Parsley green diced	5	●	13
1	Parsnip	51	●	58
1 cup	Peas green	109	●	33
½ cup	Peas split uncooked	279	●	34
½ cup	Pepper red chilli (flesh)	13	●	5
1 cup	Potato salad	83	●	24
3	Potatoes (medium)	161	●	15
1 cup	Pumpkin	65	●	63
½ cup	Radishes	16	●	26
1 cup	Salad vegetable	83	●	52
½ cup	Silverbeet cooked	33	●	57
1 cup	Soup lentil	160	●	95
1 cup	Soup tomato canned	52	●	44
1 cup	Soup pumpkin homemade	138	●	153
1 cup	Soup vegetable canned	69	●	44
½ cup	Spinach cooked	24	●●	130
1 cup	Sprouts alfalfa	24	●	4
1 cup	Sprouts bean	52	●	19
1 cup	Squash buttercup	38	●	22
1 cup	Swede	36	●	76
1 cup	Sweet corn canned	158	●●	9
2 cobs	Sweet corn on cob	307	●●	10
1 cup	Taro	101	●	45
1 cup	Taro leaves cooked	31	●●	230
1 med	Tomato	29	●	14
¼ cup	Tomato paste	47	●	19
1 cup	Tomato puree	100	●	37
1 cup	Vegetables mixed	70	●	27
1 cup	Vegetables stir-fried	62	●	42
½ cup	Watercress cooked	28	●	45
1 cup	Yams	48	●	13

FRUITS		Phos	Code	Calc
1	Apple	9	●	7
2	Apricots	25	●	16
½ cup	Apricots canned	30	●	19
5 halves	Apricots dried	20	●	11
½	Avocado	42	●	6
1	Banana	32	●	6
½ cup	Blackberries	14	●	38
½ cup	Blueberries	11	●	9
½ cup	Boysenberries	12	●	16
½ cup	Cherries	16	●	12
¼ cup	Currants	16	●	38
½ cup	Currants black	40	●	57
5	Dates	27	●	29
2	Feijoas	8	●	4
2	Figs	32	●	34
½ cup	Fruit salad	13	●	10
1	Grapefruit	38	●	40
1 cup	Grapes	28	●	15
½ cup	Guava canned	19	●	14
1	Kiwifruit	24	●	30
1	Lemon	9	●	15
2 tbsp	Lemon juice	3	●	3
1	Mandarin	26	●	26
1 cup	Melon honeydew	31	●	48
¼ cup	Mixed fruit dried	31	●	28
1	Nectarine	29	●	7
5	Olives bottled	2	●●	9
1	Orange	27	●	37
2	Passionfruit	19	●	6
1 slice	Pawpaw	13	●●	41
1	Peach	29	●	10
½ cup	Peaches canned	13	●	5
1 pear	Pear	15	●	12
½ cup	Pears canned	7	●	7
½ cup	Pineapple canned	7	●	18
2	Plums	20	●	7
½ cup	Prunes	49	●	44
¼ cup	Raisins	13	●	23
½ cup	Raspberries	14	●	13
½ cup	Rhubarb stewed sugar added	24	●●	110
5	Strawberries	5	●	6

¼ cup	Sultanas	36	●	21
2	Tamarillos	47	●	13
1	Tangelo	9	●	20
1 slice	Watermelon	17	●	11

NUTS		Phos	Code	Calc
5	Almonds	83	●	55
5	Brazil nuts	100	●	31
5	Cashew nuts	95	●●	6
2 tbsp	Coconut desiccated	19	●	3
100 gms	Coconut flesh	89	●	12
5	Macadamia nuts	40	●	9
¼ cup	Mixed nuts	154	●	14
¼ cup	Peanuts raw	144	●	24
¼ cup	Peanuts salted roasted	191	●	32
1 tbsp	Peanut butter	38	●	4
¼ cup	Pecan nuts	85	●	10
¼ cup	Pistachio nuts	166	●	45
2 tbsp	Pumpkin seeds	351	●●	13
5	Walnuts	45	●	18

FAST FOODS		Phos	Code	Calc
1 cup	Baked beans	283	●	34
1 cup	Bean salad	21	●	40
2	Beef patties	222	●●	9
1	Burger 'Big Mac'	328	●	110
1	Burger cheese	252	●	120
1	Burger beef & egg	600	●	64
1	Burger 'Filet-o-Fish'	182	●	84
1	Burger 'Kiwi Burger'	501	●	208
1	Burger 'McFeast'	346	●	164
1	Burger 'Quarter Pounder Cheese'	324	●	144
1	Burger 'Quarter Pounder'	232	●	62
1	Burger 'Whopper'	403	●	67
2 pces	Chicken 'KFC'	400	●●	20
4	Chicken nuggets 'McDonald's'	200	●●	6
2	Chicken patties	449	●	78
20 chips	Chips fried	79	●	10
½ cup	Chop suey	105	●	20
½ cup	Chow mein	124	●	15
1 cup	Corn chips	31	●	19
1	Egg burger 'McMuffin'	220	●	140
2 pces	Fish battered fried	46	●	50

FAST FOODS		Phos	Code	Calc
2 cakes	Fish cakes	126	●	69
1	Fish fillet 'McDonald's'	418	●●	34
4	Fish fingers	178	●●	13
2 tbsp	Gravy	9	●	1
2	Hamburgers (small)	255	●	65
1	Hotdog	180	●	67
1	Kebab	167	●●	8
1	Kebab vegetable	45	●	12
1	Pancake 'McDonald's'	145	●	23
1 med	Pie bacon and egg	242	●	75
1	Pie fruit (small)	29	●	13
1 med	Pie meat	96	●	33
¼ pie	Pie meat (family size)	130	●	30
1 med	Pie chicken	200	●	72
1	Pie lemon meringue (small)	36	●	10
1 svg	Pizza (large)	498	●	390
1 cup	Popcorn	29	●	1
1 bag	Potato crisps	71	●	20
1 cup	Potato mashed	123	●	26
1 cup	Potato salad	83	●	24
3	Potatoes hashbrown	163	●	22
20 chips	Potato fries	51	●	7
½ cup	Prawns	146	●	56
1 bag	Pretzels	59	●	11
3 tbsp	Salad dressing	13	●	2
1 cup	Spaghetti canned with meat	235	●●	16
2 rolls	Spring rolls	230	●	41
½ cup	Stuffing	54	●	21
2 rolls	Sushi	25	●	17
3 tbsp	Syrup hot chocolate	78	●	36
3 tbsp	Syrup maple	1	●●	40
2 tbsp	Tomato sauce	8	●	7
¼ cup	Topping caramel/chocolate	117	●	73
¼ cup	Topping fruit flavoured	9	●	15

SUGARS / SWEETS		Phos	Code	Calc
1 stick	Chewing gum	0	●	0
½ bar	Chocolate (large)	84	●	23
1 bar	Chocolate bar 'Caramello'	125	●	109
1 bar	Chocolate 'Milky Bar'	151	●	161
3	Chocolates	54	●	8
1 bar	Crunchie bar	64	●	57

1 egg	Easter egg marshmallow	8	●	3
1	Muesli and fruit bar wholemeal	46	●	24
¼ cup	Fruit mince	7	●	13
1 tbsp	Golden Syrup	4	●●	45
1 tbsp	Honey	4	●	1
1 tbsp	Jam	2	●	1
50 gms	Liquorice	15	●●	71
4	Marshmallows	1	●	1
1 tbsp	Molasses	6	●●	41
1 bar	'Moro' bar	91	●	70
1 tbsp	Sugar brown	0	●	18
1 tbsp	Sugar raw	0	●	1
1 tbsp	Sugar white	0	●	0
3	Sweets hard	2	●	1
5	Sweets soft	0	●	0
3 tbsp	Syrup malt	170	●	44
3 tbsp	Syrup maple	1	●●	40
3	Toffees	10	●	14
1 tbsp	Treacle	6	●●	100

MISC		Phos	Code	Calc
1 tsp	Allspice	2	●●	13
1 tsp	Baking powder	253	●	34
1 tbsp	Curry	5	●	13
1 tsp	Garlic powder	12	●	2
1 tbsp	Gelatine	3	●●	21
1 tsp	Marmite	39	●	1
2 tbsp	Mayonnaise	18	●	5
2 tsp	Mustard powder	7	●	13
1 cube	Oxo cubes	18	●	9
1 tsp	Pepper	12	●	30
1 tsp	Salt	0	●	2
1 tbsp	Sauce worcestershire	4	●●	29
1 tbsp	Sesame seeds	66	●●	115
1 tbsp	Sunflower seeds	93	●●	6
2 tbsp	Tomato sauce	8	●	7
1 tsp	Vegemite	72	●●	4
1 tbsp	Vinegar	5	●	2
1 tbsp	Yeast dried	116	●●	7



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