

## Appendix A

Fish with the most omega-3 fatty acids:

- Salmon
- Anchovies
- Pacific and Jack Mackerel
- Pacific Black Cod
- White Fish
- Albacore Tuna
- Atlantic Herring

<b>Omega-6 to Omega-3 Ratios</b>	<b>Omega-6 content below</b>	<b>to</b>	<b>Omega-3 content below</b>
Free-Range Eggs Ratio	1.5		1
Supermarket Eggs	20		1
Grass-Fed Beef	3		1
If fed grain for just 200 days	20		1

## Appendix B - Alkaline and Acid Food Chart

For health it's important that we balance the amount of acid and alkalinity in our diet. Acidic foods can be very healthy, but must be balanced with alkaline foods.

<b>Food Category</b>	<b>High Alkaline</b>	<b>Alkaline</b>	<b>Low Alkaline</b>	<b>Low Acid</b>	<b>Acid</b>	<b>High Acid</b>
<b>Beans, Vegetables, Legumes</b>	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Potato Skins, Olives, Soybeans, Tofu	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
<b>Fruit</b>	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb, Canned Fruit	Blueberries, Cranberries, Prunes, Sweetened Fruit Juice
<b>Grains, Cereals</b>			Amaranth, Millet, Lentils, Sweet Corn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Bread, Pastries, Biscuits, Pasta
<b>Meat</b>				Liver, Oysters, Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
<b>Eggs, Dairy</b>		Human Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Cow Milk	Cheese, Homogenized Milk, Ice Cream, Custard
<b>Nuts &amp; Seeds</b>		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
<b>Oils</b>	Ex Virgin Olive Oil, Grapeseed Oil	Flax Seed Oil	Canola Oil (rapeseed)	Corn Oil, Sunflower Oil, Margarine, Lard		
<b>Beverages</b>	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Coffee	Coffee, Wine	Beer, Alcohol, Soft Drinks
<b>Sweeteners, Condiments</b>	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Jelly, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Chocolate

## Grass Fed Meat Farms

1. Indian Creek

Jacksonville, IL

Jim Burrus: 217-473-5529

2. Barrington Natural Farms

18N681 IL Route 31, Dundee Township, IL 60118

Ph #: 847-852-7081

Fax #: 866-478-2828

3. Dearing Country Farms

16410 N 800 East Rd, Bloomington, IL 61705

Ph #: 309-963-4932

4. Broad Branch Farm

15848 Twp Rd 500 North, Wyoming, IL 61491

Ph #: 309-695-2051

5. Freeman Bros. Ranch

1861 Arcadia Rd, Jacksonville, IL 62650

Ph #: 217-473-7692

6. Heritage Hills Farm

RR3, Box 113, Roadhouse, IL 62082

Ph #: 217-414-1381