



The Official CARCTOL Website food list

Food List

There may be foods on the list that Dr Tiwari has forbidden that fall outside the acid / alkaline classifications.

These recommendations come from knowledge of the properties of Carctol and over a quarter of a century of experience with it.

However, people may have allergies or intolerances, some of which they are unaware of. The key for those taking Carctol is to use their common sense and remember that they should try to enjoy their food.

There are more products available in shops and online than ever before. The diet need not be restrictive and this list is intended as a useful guideline for patients.

If there is something missing from the list, please contact us and we will update the site as soon as possible.

General rules:

The diet should be vegetarian and avoid alcohol.

All vegetables are fine except any sour vegetable, or vegetables that turn sour when cooked. No tomatoes of any kind or cooked in any way are permitted.

No citric fruit is allowed – see confusion over alkali and acid forming foods – and no raisins or sultanas.

Dr Tiwari has not put any restrictions on dairy products except yoghurt.

Food should only be shallow fried or stir fried and frying should be avoided where possible. Food should be deep fried in absolute moderation.

Avoid soft drinks with citric acid and especially those with aspartame – normally used in diet drinks.

All oils are okay except palm oil, coconut oil, vegetable fat and any kind of oil or fat made with animal products.

All rices, flours, bean and pulses, as well as nuts are okay. Pasta, preferably egg-free pasta, is allowed as are all herbs and spices.



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NO

Lemon
Lime
Apple
Oranges
Satsumas
Pineapples
Grapes
Peaches
Nectarines
Cherries
Tamarind
Raisins
Sultanas
Mangoes

Yoghurt
Palm oil
Coconut oil
Vegetable fat
Animal fat
Lard
Animal suet
Gelatine
Animal rennet
Malt Vinegar
Balsamic Vinegar
Cider Vinegar
White wine vinegar
Red wine vinegar
Cranberries
Blackberries
Blueberries
Raspberries
Strawberries
Fruit tea
Gooseberry
Apricot
Kiwi
Guava
Plum
Soy sauce

YES

Rhubarb
Rice
Red rice
Wild rice
Risotto rice
Brown rice
Sticky rice
Ground rice
Paella rice
Rice noodles
Barley
Wheat flour
Corn flour
Gram flour
Buckwheat flour
Gluten free flour
Wholemeal flour
Millet
Polenta
Rye
Semolina
Wheat Germ
Couscous
Bulgur wheat
Quinoa
Soya beans
Kidney beans
Runner beans
French beans
Butter beans
Mung beans
Cannellini beans
Aduki beans
Chick peas
Borlotti beans
Lentils
Pinto beans
Green beans
Black eye beans
Broad beans
Peas
Sugar snap peas



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Mange tout
Asparagus
Carrots
Aubergines / Eggplant
Red Cabbage
White Cabbage
Okra / Bhindi
Beetroot
Carrots
White cabbage
Fresh turmeric
Ginger
Garlic
Onions
Leeks
Coriander
Green leaf vegetables
Chillies
Capsicums
Peppers
Spinach
Squash
Swiss Chard
Salsify
Scallions
Sprouts
Artichoke
Parsnip
Radish
Water Cress
Courgette
Kale
Lettuce (all)
Pumpkin
Fennel
Broccoli
Sweet Potato
Potato
Brussel sprout
Cauliflower
Corn
Maize

YES

Casavava
Plantain
Corn
Soya
Palm Hearts
Samphire
Turnip
Horseradish
Celery
Celeriac
Bamboo shoots
Bean sprouts
Baby corn
Kohlrabi
Pak Choi
Sweetcorn
Marrow
Gourds
Cucumber
Chicory
Radicchio
Rocket
Wheat Grass

Tea*
Green tea
Detox tea
Tulsi Tea

Coffee*
Milk*
Soya milk
Coconut milk
Rice milk

Vegetarian cheese*
Ice cream*
Tofu*
Vegetarian jelly*



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YES

Olive Oil
Sunflower Oil
Pure Vegetable Oil
Linseed Oil
Peanut Oil
Sesame Oil
Macadamia Oil
Argan Oil
Almond oil
Avocado oil
Walnut Oil
Ghee
Butter
Margarine

Nuts

Almonds
Chestnuts
Walnuts
Hazelnuts
Macadamia nuts
Pistachios
Pine nuts
Pecan nuts
Soya nuts
Peanuts
Cashew nuts
Oats
Oat cakes
Oat cereals
Seeds
Pumpkin seeds
Sunflower seeds
Sesame seeds
Fennel seeds
Linseeds

Fruit

Papaya
Avocado
Conference Pears
Bananas

YES

Melon
Sharon fruit
Cluster Apple
Chikku / Sapodilla
Figs

Water melon
Papaya
Bananas

Chestnuts
Lychee
Dragon Fruit
Sharon Fruit
Bread fruit
Wasabi
Water Chestnuts
Figs
Dates
Bean Curd

Herbs spices

Galangal
Ginger
Chives
Basil
Oregano
Thyme
Rosemary
Sage
Turmeric
Coriander
Cumin
Chilli powder
Nutmeg
Five Spice
Allspice
Cinnamon
Caraway seeds
Bay leaves



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Cayenne pepper
Chervil
Dill
Lemon Grass
Marjoram
Kaffir lime leaves
Mint
Parsley
Tarragon
Aniseed
Asafoetida
Fenugreek
Clove
Mustard seed
Mace
Paprika
Poppy seed
Saffron
Star Anise
Jeera-cumin
Cardamom
Tulsi

Sugar*
Chocolate
Sweets
Toffee
Fudge
Golden Syrup
Maple Syrup
Honey
Honeycomb
Brown sugar
Treacle
Vanilla
Organic food colouring

*in moderation