

Acid – Alkaline Food Theory for Health

Eat 80% Alkaline Forming Foods and 20% Acid Forming Foods

Extremely Alkaline	Moderately Alkaline	Slightly Alkaline or Neutral	Slightly Acid	Moderately Acid	Extremely Acid
<p>Asparagus, Cantaloupe, Cayenne, Dates (dried), Figs (dried), Fruit juice (fresh), Grapes (sweet), Passion Fruit, Lemons, Kiwifruit, Kelp, Limes, Mango, Melons, Papaya, Parsley, Pineapple, Pears, Raisins, Seaweeds, Umeboshi plum, Vegetable juice, Watercress, Watermelon.</p> <p>Alkalisng Minerals: Calcium Cesium Potassium Sodium Magnesium</p>	<p>Apples, Apricots, Alfalfa sprouts, Arrowroot flour, Avocados, Bananas (ripe), Bamboo shoots Berries, Beans (fresh green), Beets, Bell Pepper, Broccoli, Carrots, Cabbage, Cauliflower, Carob, Celery, Currants, Dates (fresh), Daikon, Figs (fresh), Garlic, Ginger (fresh), Grapes, Grapefruit, Guavas, Herbs, Kale, Lettuce, Nectarines, Oranges, Peaches, Pears, Persimmon, Pumpkin, Parsnip, Peaches, Peas, Potatoes (with skin), Pumpkin, Raspberry, Spinach, Squash, Strawberry, Tamari, Turnips, Vinegar (apple cider).</p>	<p>Almonds, Artichokes, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Olives (fresh), Onions, Pickles (home made), Radish, Sea salt, Spices, Taro, Tomatoes, Vinegar (sweet brown rice), Water Chestnuts, Artichoke, Chestnuts (dry roasted), Egg yolks (soft cooked), Horseradish, Mayonnaise (home made), Millet, Quinoa, Rhubarb, Sesame seeds, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains, Sweet corn (fresh), Tempeh, Tofu, Tomatoes, Yeast (flakes)</p> <p>Neutral: Butter (fresh unsalted), Cream (fresh & raw), Margarine, Oils , Whery (cow's), Yogurt (plain).</p>	<p>Barley, Bran, Beans (dried: mung, adzuki, pinto, kidney), Blueberries, Brazil nuts, Butter (salted), Cereals (unrefined with honey, fruit etc), Cashews, Cornmeal, Cranberries, Cheeses (mild), Coconut (dried), Egg whites, Goats milk (homogenized), Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) & most processed dairy products, Molasses, Nutmeg, Mustard, Pecans, Plums, Prunes, Pistachios, Popcorn, Rice or wheat crackers (unrefined), Rye (grain, crackers or bread) Pumpkin seeds, Sunflower seeds, Spelt, Olives (pickled), Walnuts.</p>	<p>Bananas (green), Buckwheat, Breads (refined of corn, oats, rice & rye), Cheeses (sharp & tasty), Cereals (refined), Egg whole (hard cooked), Fish, Fruit juices with sugar, Maple syrup (processed), Mayonnaise, Molasses (sulphured), Pickles (commercial), Pasta/ Noodles, Oats, Pastry, Peanuts, Potatoes (no skins), Rice (brown), Shellfish, Soy sauce, Tapioca, Wheat grain, Wheat germ, Whole Wheat foods, Wine, Yogurt (sweetened).</p>	<p>Artificial sweeteners, Beef, Beer, Bread (wheat), Cakes & Pastries from white flour, Cigarettes, Drugs & chemicals, Chicken, Chocolate, Coffee, Custards, Flour (white wheat), Jams, Jellies, Liquor, Lamb, Pork, Rabbit, Rice (white), Sugar (white & brown), Soft drinks, Semolina, Table salt (refined & iodized), Tea (black), Turkey, White vinegar (processed).</p>
Low Stress & Positive Emotions Support an Alkaline State			High Stress & Negative Emotions Increase Body Acidity		

Alkaline or acid forming describes ash residue after metabolism. Aim for approximately an 80% alkaline food based diet for optimum health. Evidence shows that disease can not prosper in an alkaline body environment. Use good quality supplementation to support your nutrition as required. Calcium is a great alkalisng mineral, so ensure you are getting enough. Some foods seem acidic, but in fact leave an alkaline residue (eg: lemon). The fresher & sweeter the food tastes the higher the alkalinity. Any food cooked, canned or frozen increases in acidity, as does food grown chemically, processed with preservatives or prepared with white sugar. Organic is best, biodynamic is even better.

Best attempts have been made to present useful, accurate information, but the author accepts no responsibility for use of this information.

References: Acid Alkaline by Herman Alhara; Alkalisng or Die by Dr. Baroody