HealthAlkaline’s
Alkaline & Acidic Food Chart

HealthAlkaline.com
**A DETAILED LIST OF ALKALINE FOODS**

The ideal health alkaline diet adheres to the 80/20 rule. Your diet should consist 80% of alkaline food. Have fun cooking, be creative!

### ALKALINE VEGETABLES
- Asparagus
- Alfalfa
- Barley Grass
- Beets
- Beet Greens
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard Greens
- Chlorella
- Collard Greens
- Cucumber
- Dandelions
- Dulce
- Edible Flowers
- Eggplant
- Fermented Veggies
- Garlic
- Green Beans
- Green Peas
- Kale
- Kohlrabi

### ALKALINE FRUITS
- Apple
- Apricot
- Avocado
- Banana (high glycemic)
- Berries
- Blackberries
- Cantaloupe
- Cherries, sour
- Coconut, fresh
- Currants
- Dates, dried
- Figs, dried
- Grapes
- Grapefruit
- Honeydew Melon
- Lemon
- Lime

### ALKALIZING NON-MEAT PROTEINS
- Almonds
- Chestnuts
- Flax Seeds
- Millet
- Pumpkin Seeds

### ALKALIZING SPICES & SEASONINGS
- Cinnamon
- Curry
- Ginger
- Mustard
- Chili Pepper

### ASIAN VEGETABLES
- Maitake
- Daikon
- Dandelion Root
- Shiitake
- Kombu

### OTHER ALKALIZING
- Apple Cider Vinegar
- Bee Pollen
- Lecithin Granules
- Molasses, blackstrap
- Probiotic Cultures
- Soured Dairy Products
- Green Juices
- Veggie Juices
- Fresh Fruit Juice
- Mineral Water

### ALKALIZING MINERALS
- Cesium: pH 14
- Potassium: pH 14
- Sodium: pH 14
- Calcium: pH 12
- Magnesium: pH 9

### ALKALIZING SPICES & SEASONINGS
- Sea Salt
- Miso
- Tamari
- All Herbs

### SPROUTS
- Kamut Sprouts
- Mung Bean Sprout
- Quinoa Sprouts
- Radish Sprouts
- Spelt Sprouts
- Soy Sprouts

- Alfalfa Sprouts
- Amaranth Sprouts
- Broccoli Sprouts
- Fenugreek Sprouts
- Kamut Sprouts
- Mung Bean Sprout
- Quinoa Sprouts
- Radish Sprouts
- Spelt Sprouts
- Soy Sprouts

### RECIPES
The Alkaline Cookbook

A Gift of Health

Revitalize your body in just 4 weeks to 100% optimal health with the Alkaline Cookbook.

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### A Detailed List of Acidic Foods

Try to eat these foods in moderation. Stick with the 80/20 rule. Your diet should consist 20% of acidic foods.

#### Acidifying Animal Protein
- Bacon
- Beef
- Carp
- Clams
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork

#### Acidifying Grains, Grain Products
- Amaranth
- Barley
- Bran, wheat
- Bran, oat
- Corn
- Cornstarch
- Hemp Seed Flour
- Kamut
- Oats (rolled)
- Oatmeal
- Quinoa
- Rice (all)
- Rice Cakes

#### Acidifying Beans & Legumes
- Black Beans
- Chick Peas
- Green Peas
- Kidney Beans
- Lentils
- Pinto Beans
- Red Beans
- Soy Beans
- Soy Milk
- White Beans
- Rice Milk
- Almond Milk

#### Acidifying Fats & Oils
- Avocado Oil
- Butter
- Canola Oil
- Corn Oil
- Hemp Seed Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

#### Acidifying Fruits
- Blueberries
- Canned or Glazed Fruits
- Cranberries
- Currants
- Plums**
- Prunes**

#### Acidifying Vegetables
- Corn
- Lentils
- Olives
- Winter Squash

#### Acidifying Nuts & Butters
- Cashews
- Legumes
- Pecans
- Tahini
- Peanuts
- Walnuts
- Peanut Butter

#### Acidifying Dairy
- Butter
- Cheese
- Cheese, Processed
- Ice Cream
- Ice Milk

#### Acidifying Sweeteners
- Carob
- Sugar
- Corn Syrup

#### Acidifying Alcohol
- Beer
- Spirits
- Hard Liquor
- Wine

#### Acidifying Other Foods
- Catsup
- Cocoa
- Coffee
- Mustard
- Pepper
- Soft Drinks
- Vinegar

#### Acidifying Drugs & Chemicals
- Aspirin
- Herbs
- Pesticides
- Herbicides
- Tobacco
- Drugs, Med
- Psychedelic
- Drugs, Psychedelic
- Pesticides

#### Acidifying Junk Food
- Coca-Cola: pH 2
- Beer: pH 2.5
- Coffee: pH 4

** Indicates foods that leave an alkaline ash but have an acidifying effect on the body.
According to a study published in The Journal of International Medical Research, increasing body pH level lowers the risk of bladder infections and reduces symptoms of cystitis.

International Journal of Integrative Medicine\(^1\) shows that the excess acid load promoting metabolic acidosis is acquired by 3 factors:

1. **Dietary choices** (excess protein, fat, phosphate/phosphoric acid, and sulphate/sulphuric acid);
2. **Maladaptation to stress** (distress-induced excess cortisol and adrenaline);
3. **Immune hypersensitivity** (delayed allergy) reactions.

Dr. Elson M. Haas\(^2\) confirms: “The acidity in the body tissues arises from the over intake of too many acid-causing foods. This acidity causes the breakdown and degeneration of tissues overtime.”

As stated in another article on this site, Dr. Otto Warburg\(^3\) was awarded two Nobel prizes for his theories that cancer is caused by impaired cell respiration due to a lack of oxygen at the cellular level. According to Dr. Warburg, damaged cell respiration causes fermentation, resulting in hyper-acidity at the cellular level.

Doctors, Susan E. Brown and Russell Jaffe\(^4\) have both confirmed that bone responds to an acid load by dissolving its basic buffering mineral salts. They call osteoporosis the “hidden tax of high-tech living.”

The American Institute for Cancer Research and the World Cancer Research Fund call for choosing predominantly plant-based diets\(^5\) rich in a variety of vegetables and fruits, legumes, and minimally processed starchy staple foods and limiting red meat consumption, if red meat is eaten at all.

The American Heart Association recommends choosing a balanced diet with an emphasis on vegetables, grains, and fruits\(^6\) and the Heart and Stroke Foundation of Canada recommends using grains and vegetables instead of meat as the key focus of meals.

“Paying attention to acid-alkaline balance is one of the most crucial ways you can affect your health status,” says Dr. Susan Lark\(^8\), “It impacts immunity, digestion, bone strength, symptoms of joint disease, hormones, and the function of essential internal organs.”

A Cambridge University study\(^9\) shows “the available research makes a compelling case that diet-induced acidosis, not diet-induced acidaemia, is a real phenomenon, and has a significant, clinical, long-term pathophysiological effect that should be recognized and potentially counterbalanced by dietary means.

The facts are there and they are convincing to live the health alkaline lifestyle. It’s easy. All we have to do is make the right food choices. Get started today.

To Nourish, Energize and Alkalize Your Body right now, easy order Alkalizing Plant-based Proteins, Superfoods Supplements, Vegan and Keto-Friendly today and start reclaiming your health right now!

REFERENCES:


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