

The body has a pH balance that determines the amount of acid and alkalinity present in your system. Being highly acidic may not necessarily be life-threatening, but it can cause various symptoms. Examples of these include low energy levels, fatigue, irritability, headaches, recurring infections and dry skin. Eating foods that are high in acid can exacerbate these symptoms and knowing what to avoid can be helpful.

**An acidic body is a magnet for many illnesses. What you eat and drink will impact where your body's pH level falls. Balance is Key!!**

## **Acid Alkaline Food Chart with 12 Perfect Foods**

You will learn from studying about the acid alkaline food chart that food leaves either an alkaline or acidic residue in your body. You don't necessarily have to cut out all acidic foods from your diet. Preferably you should make sure 30% of your diet consists of acid foods with the other 70% being alkaline ones. This will keep your pH balance at the right levels. Below you will find a list of **twelve of the best foods** to help your system stay balanced.



- 1.) Raw spinach and lettuce: green leafy vegetables are highly alkaline and contain more nutrients when eaten raw than when cooked. An easy strategy to eating more is to thoroughly wash your salad fixing right away and arrange them in a bowl. Keep the bowl of salad in your refrigerator and eat from it within three days. Keep alkaline foods handy and within easy reach for those occasional sugar cravings.
- 2.) Potato skins and squash: The white flesh part of the potato is acidic but interestingly the skins are alkaline and make great snacks when lightly seasoned and baked. Sweet potatoes are also a good alkaline choice. You can substitute potatoes with the similar texture of squash and zucchini, which are also alkaline.
- 3.) Coconut, quinoa, millet flour and Wild rice: Bleached rice and flour cause an acid overload and encourage fermentation as they are difficult to digest. Instead look to wild rice, quinoa, and coconut and millet flours alternatives for your baking needs.
- 4.) Soy milk and cheese: The majority of affordable dairy products are made from cow's milk. These however are some of the most acidic foods on the acid alkaline food chart. Opt instead for milk and cheese made from soy. Goat's milk and cheese is another alkaline option.
- 5.) Coconut oil is highly alkaline, also flax, olive, and palm kernel oils: The most beneficial oil when looking for an alkaline one is Coconut oil. You can also use flax seed and palm kernel oil instead of acidic corn and other vegetable oils.

**6.) Broccoli, Onions, and Asparagus:** While nearly every vegetable is a wise choice according to the acid alkaline food chart, some are more alkaline than others. These include asparagus, broccoli, onions, beets, and okra.

**7.) Lemon water, herbal and green tea:** The most beneficial ways to prepare herbal and green teas is to use alkaline water. Adding lemon to alkaline water is also a healthy choice. Steer clear of beverages with alcohol and caffeine as well as soft drinks as these all have acidifying affects.

**8.) Chestnuts and Almonds:** These nuts along with soy nuts all provide great alkaline nutrition. You should watch the amounts you eat of some of the most acidic nuts like cashews, peanuts, walnuts, and pecans.

**9.) Green beans, soy beans, and peas:** You will notice on your chart that some beans and legumes are acidic whereas others are alkaline in nature. Soy beans, peas and green beans are alkaline and others like pinto, lima, kidney, and navy beans should be limited since they are acidic in nature.

**10.) Coconut or Palm Sugar, Coconut Nectar, maple sugar, and raw sugar:** These are the most alkaline sweetener choice there are. Make sure to completely avoid artificial sweeteners like Sweet and Low, Equal, and Nutrasweet as these are made up of acids and chemicals.

**11.) Citrus fruits:** Lemons, limes, oranges and grapefruits are acidic in nature but have alkaline properties when consumed. These type of fruits are good choices for refreshing alkaline drinks. Use these natural flavors in alkaline water along with a sweetener such as coconut sugar to quench you thirst and provide refreshment.

**12.) Papaya, mangoes, and watermelons:** Although many fruits have alkaline affect mangos, papayas, and watermelons are some of the best sources. Apples, grapes, and blueberries are very alkaline as well. Try and limit the amount of some somewhat acidic fruits like cranberries, prunes, and blackberries. An important tip is to always eat fruit alone. It breaks down and digests quickly so when eaten in combination with foods that do not it can begin to ferment while it sits in the stomach.

### **Remember:**

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Think of it this way...

**ALKALINE** = Improved health, extra energy, enhanced beauty, toned & more supple body, glowing skin, sparkling eyes, lustrous hair, high libido, healthy nails, faster wound/injury healing, flexibility, strengthened immunity, feeling of lightness & balance within the body, mood enhancing/positive mind.

**ACID** = Lethargy, sickness prone, cellulite, bad breath, slow healing, sagging skin, bloodshot eyes, dark circles, falling hair, acne, dandruff, low libido, tight muscles, painful joints, aches/pains, headaches, brittle nails, feeling of heaviness, clumsiness, depression/negative mind.



# ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

ACID FORMING FOODS			FOOD CATEGORY	ALKALINE FORMING FOODS		
MOST ACID	ACID	LOWEST ACID		LOWEST ALKALINE	ALKALINE	MOST ALKALINE
NutraSweet, Equal, Aspartame	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blackberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avacados	Date, Figs, Melons, Raisins, Grapes, Kiwi, Blueberries, Apples, Pears	Lemons, Limes, Watermelon, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto beans, Navy beans, Lima beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Garlic, Parsley, Raw Spinach, Broccoli, Vegetable Juices
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS & SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Brown Rice, Spelt	GRAINS/ CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS/ DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

\*The colors used for this chart are not directly relative to the pH scale.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.