

Acid/Alkaline forming foods



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The terms 'Acid and Alkaline' forming foods refers to whether a food produces an acid or an alkaline residue after it has been metabolized or broken down.

Most of the alkaline forming foods are vegetables and fruits, while acid forming foods are starches and most types of proteins. The rating also depends on the mineral content of the food and the health of the digestive tract.

In terms of fruit and vegetables the fresher and sweeter it is, the more alkaline it is likely to be. Raw food tends to be more alkaline than cooked, canned and frozen foods.

Most advocates of the acid/alkaline diet suggest a diet of 80% alkaline foods and 20% acid foods for optimal health. If your diet is mainly made up of foods such as meats, cheese, breads, alcohol and sugary foods then you probably have an over-acid body.

The following lists show which foods are alkaline and which are acid forming.

Extremely alkaline foods

- Lemons
- Melons
- Dried figs and dates
- Seaweeds
- Parsley
- Watercress
- Cayenne
- Papaya and Mango
- Kiwifruit
- Asparagus
- Passionfruit and pineapples
- Raisins
- Fruit and vegetable juices

Moderately alkaline foods

- Apples
- Alfalfa and avocados
- Carrots and Celery
- Banana
- Grapes
- Grapefruit
- Green leafy herbs
- Lettuce
- Pears
- Peas
- Pumpkin
- Spinach

Slightly alkaline foods

- Almonds
- Brussel sprouts
- Cherries
- Fresh Coconut
- Cucumber
- Eggplant
- Raw honey
- Miso
- Mushrooms
- Onion and leeks
- Tomatoes
- Spices
- Artichoke
- Essene bread
- Goats milk – unhomogenised
- Olive Oil
- Quinoa
- Sea salt
- Sesame seeds
- Soymilk products
- Spouted grains

Neutral foods

- Unsalted butter
- Cream
- Milk-unhomogenised
- Oils except olive
- Unsweetened yoghurt
- Soda water

Slightly acid foods

- Salted butter
- Cheese
- Dried beans
- Brazil nuts
- Prunes
- Spelt
- Barley
- Cashews
- Unrefined cereals
- Cranberries
- Lentils
- Milk – homogenised
- Nutmeg and mustard
- Processed dairy foods
- Walnuts
- Rye
- Popcorn
- Seeds

Moderately acid foods

- Buckwheat
- Rice and corn breads
- Cooked whole eggs
- Mayonnaise
- Oats
- Peanuts
- Rice – basmati and brown
- Fish
- Refined cereals
- Shellfish
- Whole wheat
- Wine
- Sweetened yoghurt

Extremely acid foods

- Beer
- Chicken
- Chocolate
- Coffee
- Liquor
- White pasta and rice
- Table salt
- Wheat breads
- Carbonated drinks
- Beef, pork and lamb
- White sugar
- Artificial sweeteners
- Black tea

Common problems associated with excess acid waste include irritability, bloating, diarrhoea/constipation, food allergies, low energy, inflammation, pain, frequent colds and flu, insomnia, headaches/migraines and skin conditions.

If your diet consists of more than 20% acid foods then boost your alkalinity by gradually incorporating more alkaline foods and then aim for an 80/20 balance.

Simple food preparation techniques such as adding lemon juice to soups, stocks, dressings and meats increase their alkalinity. Simple things to do to improve digestion are to have a little lemon juice or apple cider vinegar in water before meals, bitter herbs to increase gastric secretions, digestive enzymes capsules, pro-biotics and eating in a calm environment.

Be sure to chew your food well and to not over eat. Pre soaking and chewing grains well (more than 30 times) significantly increases their alkaline value.

It is very rare to become too alkalizing considering our very demanding lifestyles – balance is always the key.





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