

Alkaline Food List

ALKALINE FOODS - promote health

ACID FOODS - promote disease

Health depends on the pH created during the digestion of the food, what is called the ash after metabolism.

FRUITS				
ALKALINE Apples/cider Apricots Avocados Bananas Berries (most) Cantaloupe Carob (pod only) Cherries Citron	ALKALINE Currants Dates Figs Grapes Grapefruit Guavas Kumquats Lemons (ripe) Limes	ALKALINE Loquats Mangos Nectarines Olives (ripe) Oranges Papayas Passion Fruit Peaches Pears	ALKALINE Persimmons Pineapple (fresh) Pomegranates Melons (all) Raisins Sapotes Tamarind Tangerines Tomatoes (fully ripened)	ACID FRUITS All preserves All canned with sugar Cranberries Dried-sulphured, glazed Olives (Pickled) Plums Prunes Blueberries

VEGETABLES				
ALKALINE Alfalfa sprouts Artichokes Asparagus Bamboo shoots Beans (green, lima, wax, string) Beets broccoli Cabbages Carrots Celery Cauliflower Chard	ALKALINE Chicory Com Cucumber Dill Dock Dulse Eggplant Endive Escarole Garlic Horseradish Jerusalem artichokes Kale	ALKALINE Leeks Lettuce Mushrooms Okra Onions Oyster plant Parsley Parsnips Peas Peppers (bell) Potatoes (skin is best part) Pumpkin	ALKALINE Radish Romaine lettuce Rutabagas Sauerkraut Soybeans Spinach Sprouts Squash Turnips Watercress Yams, sweet potatoes	ACID VEGETABLES Asparagus tips (white only) Beans (dried) Garbanzos Lentils

Dairy		Grains	
ALKALINE DAIRY Acidophilus milk Buttermilk Yogurt Milk (raw only -- human, cow, or goat) Whey	ACID DAIRY Butter Cheese (all) Cottage cheese Cream Custards Margarine Milk (boiled, cooked, malted, dried, canned)	ALKALINE GRAINS Amaranth Quinoa Buckwheat & Millet are thought to be either neutral or alkaline.	ACID GRAINS All grains and grain products except perhaps buckwheat and millet

NUTS		MEAT	
ALKALINE NUTS Almonds Chestnuts (roasted) Coconut (fresh)	ACID NUTS All except above Coconut (dried)	ALKALINE MEATS Beef Juice Blood & bone (only bonemeal is alkaline)	ACID MEATS All meats Fowl, fish, shellfish, Gelatin

MISC		
ALKALINE, MISC. Agar Coffee substitute Honey Kelp (edible) Tea (herbal & Chinese) Egg yolks	ACID MISC. Alcoholic drinks Cocoa Coffee, Indian teas Condiments (all) Dressings Drugs	ACID MISC. Eggs (whites) Flavorings Mayonnaise Tapioca Tobacco Vinegar

1. We assimilate on 5% of the food we eat. 95% is eliminated via the bowel and/or kidney.
2. The body can absorb only 1 oz. (27 grams) of protein as a time. The rest is sent to the liver, processed as ammonia which it then converts to uric acid and is then excreted by the kidneys.
3. We need to eat 80% of our foods from the alkaline foods & 20% from the acid list. While there is benefits from eating in both groups the body's blood needs to be alkaline in nature. Otherwise it will shift the blood chemistry which then affects how our nutrients are absorbed.
4. Blood pH is influenced by the foods we eat. The more sugar/starches you eat the more acidic the blood becomes which promotes inflammation which in turn promotes disease. Inflammation in the body also causes cholesterol levels to increase. The body needs the alkaline foods to promote health & maintain proper blood pH levels.
5. All nuts need to be eaten raw. Roast/toasting them turns essential fatty acids into trans-fat.
6. Carbohydrates take 2 forms; complex & simple.
 - a. Complex carbs are raw vegetables and fruits. The body uses the fiber in these foods to help digestion and elimination.
 - b. Simple carbs turn into sugar which makes the body acidic and prone to inflammation & disease.
7. While water is not classified as a food as per say, it is needed by the body since the body is 70% water in composition. Ideally a person should divide their weight by 2 and the resulting number will be the ounces of water your body needs each day.