

Foods: are they Acid or Alkaline-forming?

The body's chemistry is composed of 20% Acid and 80% Alkaline. To maintain the correct chemical balance, your diet should reflect this.

Alkaline Foods

Alkalizing Vegetables

- Alfalfa • Aubergine • Barley • Broccoli • Cabbage • Carrot • Cauliflower • Celery • Chard • Cucumber
- Dandelions • Dulce • Edible Flowers • Fermented Veggies • Garlic • Green Beans • Green Peas
- Kale • Kohlrabi • Lettuce • Mushrooms • Mustard Greens • Onions • Parsnips (high glycemic) • Peas • Peppers
- Potatoes • Pumpkin • Radishes • Sea Veggies • Spinach • Spirulina • Sprouts • Sweet Potatoes • Tomatoes
- Watercress • Wheat Grass

Alkalizing Oriental Vegetables

- Daikon • Dandelion Root • Kombu • Maitake • Nori • Reishi • Shitake • Umeboshi • Wakame

Alkalizing Fruits

- Apple • Apricot • Avocado • Banana (high glycemic) • Berries • Blackberries • Cantaloupe Melon • Coconut (fresh) • Currants • Dates (dried) • Figs (dried) • Grapes • Grapefruit • Honeydew Melon • Lemon • Lime
- Nectarines • Orange • Peach • Pear • Pineapple • Raisins • Raspberries • Rhubarb • Strawberries
- Tangerine • Tomato • Tropical fruits • Watermelon

Alkalizing Protein

- Almonds • Chestnuts • Tempeh (fermented) • Tofu (fermented) • Whey Protein Powder



Note on citrus fruits:

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Alkalizing Sweeteners

- Stevia

Alkalizing spices and seasonings

- Chili Pepper • Cinnamon • Curry • Ginger • Herbs (all) • Miso • Mustard • Sea Salt • Tamari

Alkalizing other

- Alkaline Antioxidant Water • Apple Cider Vinegar • Bee Pollen
- Fresh Fruit Juice • Green Juices • Mineral Water • Probiotic Cultures
- Soured Dairy Products • Veggie Juices

Alkalizing Minerals

- Calcium: pH 12 • Cesium: pH 14 • Magnesium: pH 9
- Potassium: pH 14 • Sodium: pH 14



Acid Foods

Acidifying Vegetables

- Corn • Lentils • Olives • Squash (butternut etc.)

Acidifying Fruits

- Blueberries • Tinned Fruits • Cranberries • Currants • Plums** • Prunes**

Acidifying Grains and Grain Products

- Amaranth • Barley Bran • Oat Bran • Wheat Bread • Corn • Cornstarch • Flour • Wheat Flour
- White Hemp Seed Flour • Kamut • Macaroni • Noodles • Oatmeal • Pasta • Oats (rolled) • Quinoa • Rice (all)
- Rice Cakes • Rye • Spelt Wheat • Germ Wheat

Acidifying Beans and Legumes

- Almond Milk • Black Beans • Chick Peas • Green Peas • Kidney Beans • Lentils • Pinto Beans • Rice Milk • Soy Beans • Soy Milk

Acidifying Dairy

- Butter • Cheese • Processed Cheese • Ice Cream

Acidifying Nuts and Butters

- Cashews • Legumes • Peanut Butter • Peanuts • Pecans • Tahini • Walnuts

Acidifying Meats

- Meat (including organs) • Fish and shellfish

Acidifying Oils

- Avacado Oil • Butter • Corn Oil • Flax Oil • Hemp Seed Oil • Lard • Olive Oil • Rapeseed Oil • Safflower Oil
- Sesame Oil • Sunflower Oil

Acidifying Sweeteners

- Carob • Corn Syrup • Sugar

Acidifying Alcohol

- Beer • Spirits • Wine

Acidifying Other Foods

- Ketchup • Cocoa • Coffee • Mustard • Pepper • Soft Drinks • Vinegar

Acidifying Drugs and Chemicals

- Aspirin • Chemicals • Drugs, Medicinal • Psychedelic Herbizides • Pesticides • Tobacco

Acidifying Junk Foods

- Beer: pH 2.5 • Coca-Cola: pH 2 • Coffee: pH 4

Note

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.

** These foods leave an alkaline ash but have an acidifying effect on the body.

If you have questions or are unclear on any of the points, be sure to let us know. You can email us at: enquiries@chiropractic-clinic.com or visit our website www.chiropractic-clinic.com