

THE ALKALINE DIET

The alkaline diet is quite healthy, encouraging a high intake of fruits, vegetables, and healthy plant foods while restricting processed junk foods. In general, the alkaline diet is healthy because it's based on whole and unprocessed foods. No reliable evidence suggests it has anything to do with pH levels.

Tips For Alkalizing Your Diet

1. Eat lots of vegetables and fruits. Most are alkalizing.
2. Drink the juice of half of a lemon or lime in water as a beverage.
3. Eat 1 cup of dark leafy greens daily (kale, collards, mustard greens, rapini).
4. Eat millet and quinoa as an alternative to the acid forming grains (wheat, brown rice).
5. Learn to make a miso broth (1 tsp. of miso dissolved in one cup of hot, not boiling, water). Experiment with adding cooked daikon radish rounds and a small amount of cooked wakame seaweed to the miso broth.
6. Make blender drinks using alkaline juices, green powdered supplements and fruits.
7. Choose fish and lamb over beef and chicken for less acid forming animal protein.
8. Use olive oil as it is less acid forming than other vegetable oils.
9. Use buffered vitamin C to alkalize the system.

ACID AND ALKALINE ASH OF SELECTED FOODS

Alkaline ash forming foods (the higher the number the more alkaline the food is)

Food	Measure	Effect
Molasses	2 teaspoons	60.0
Beans	1/8 cup	42.0
Raisins	1/3 cup	34.0
Figs, dried	1 1/2 cups	33.0
Beet greens	1 cup	27.0
Spinach	1 cup	18.0
Yeast, brewers	1 cup	17.1
Almonds	12 nuts	12.0
Carrots	1 large	11.0
Soy flour	2 tablespoons	9.5
Celery	2 stalks	7.8
Grapefruit juice	1/2 cup	7.0
Sweet Potato	1 medium	6.7
Beans, baked	1/2 cup	6.0
Peas, dried	2 tablespoons	6.0
Tomato	1 small	5.6
Strawberry	12 medium	5.6
Banana	1 small	5.5

Mushrooms	7 medium	4.0
Apple	1 large	3.7
Milk, whole	1 cup	2.3
Buttermilk	1 cup	2.2
Onions	1 medium	1.5
Squash, summer	1 cup	1.0

Acid ash forming foods (the higher the number the more acid the food is)

Food	Measure	Effect
Wheat germ	2 tablespoons	20.0
Lentil, dried	2 tablespoons	16.0
Macaroni or Spaghetti	1/4 cup	14.0
Chicken	4 oz	14.0
Eggs	1 medium	11.0
Beef, steak	4 oz	11.0
Beef, liver	4 oz	11.0
Lamb chops	2 small chops	9.7
Cod fish	4 oz	9.4
Walnuts, english	12 medium nuts	7.8
Buckwheat flour	2 tablespoons	7.1
Rice, brown	3 tablespoons	5.7
Cheese, cheddar	1 cube	5.0
Cheese, cottage	1/8 cup	4.5

Peanuts	16 nuts	3.9
Bread, whole wheat	2 slices	3.6
Honey	1 tablespoon	1.1
Butter	1 tablespoon	0.0

Food and Chemical effects on Acid/Alkaline Body Chemistry Balance

ALKALINE

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline
Baking soda Sea salt Mineral water Umeboshi plums	Spices Cinnamon Molasses Soy sauce	Herbs (most) Green tea Rice syrup Apple cider vinegar	Ginger tea Sucanat Umeboshi vinegar Mother's milk
			Oats Grain coffee Quinoa Wild rice
Pumpkin seeds	Poppy seeds Chestnuts Pepper	Primrose oil Sesame seeds Cod liver oil Almonds Sprouts	Avocado oil Flaxseed oil Coconut oil Olive oil Other seeds
Lentils Onion Daikon Taro Sea vegetables Burdock Lotus Sweet potato/yam	Kohlrabi Parsnip Garlic Kale Endive Mustard greens Ginger root Broccoli	Potato Bell pepper Mushrooms Cauliflower Salsify Ginseng Eggplant Pupkin	Brussel sprouts Beets Chives Cilantro Okra Squashes Lettuce Jicama

		Collard greens	
Limes	Grapefruit	Lemons	Oranges
Nectarines Persimmons Raspberries Watermelon Tangerines	Cantaloup Honeydew Citrus Olives Loganberries Mangoes	Pears Avocado Pineapple Apples Blackberries Cherries Peaches Papaya	Apricots Bananas Blueberries Currants Raisins Grapes Strawberries

(Ref: Serammune Physicians Lab, Virginia, 1995). Table prepared by Dr. Russell Jaffe.

Food and Chemical effects on Acid/Alkaline Body Chemistry Balance

ACID

Lowest Acid	Low Acid	More Acid	Most Acid
Curry Honey Maple Syrup Rice vinegar	Vanilla Black tea Alcohol Balsamic vinegar	Nutmeg Coffee Saccharin	Jam/jelly Table salt Yeast (hops/malt) Sugar Cocoa White vinegar
Cream Yogurt Goat/sheep cheese	Chow's milk Aged cheese Soy cheese Goat milk	Casein (milk protein) 30-day cheese Soymilk	Processed cheese Ice cream
Eggs Gelatin Organs Venison Fish	Lamb/mutton Boar Elk Shellfish Goose/turkey	Pork Veal Squid Lobster Chicken	Beef Pheasant

Wild duck			
Triticale Millet Kasha Amaranth Brown rice	Buckwheat Wheat Kamut, Spelt Teff Farina/Semolina White rice	Maize Barley groats Corn Rye Oat bran	Barley
Pumpkinseed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almond oil Sesame oil Safflower oil Tapioca Seitan	Pistachio seed Chestnut oil Pecans Palm kernel oil	Hazelnuts Walnuts Brazil nuts Fried foods
Spinach Fava beans Kidney beans String beans Chutney Rhubarb	Tofu Pinto beans Whitered beans Azuki beans Lima beans Chard	Green peas Peanuts Snow peas Carrots Chickpeas	Soy beans Carob
Guava Pineapple (dry) Figs Persimmon Cherimoya Dates	Plum Prune Tomatoes	Cranberries Pomegranates	
	Antihistamines	Psychotropics	Antibiotics