

pH Balance Diet Food List – Acidic and Alkaline Foods

Check if your diet contains sufficient alkaline food groups

Alkaline Foods

Try to incorporate as many alkaline foods in your daily diet as you can!

pH Balance Diet – Alkaline fruits:

lemon, avocado, lime, tomato, grapefruit, coconut;

some experts also recommend: watermelon, apples, pineapple, apricot, bananas, pears, clementine, fresh dates, strawberries, figs, blueberries, raspberries, honey melon, redcurrant, blackcurrant, cherries, kiwi, mandarines, mango, nectarine, green and black olives, oranges, papaya, peach, plums, gooseberries.

pH Balance Diet – Alkaline vegetables:

asparagus, aubergines, cabbage (green cabbage, white cabbage, red cabbage, napa cabbage), onions, cauliflower (incl romanesco), radish, fresh peas, marrow, young spinach, carrots, green beans, beetroot, celery, peppers, sweet potato, grasses (alfalfa, wheat, kamut, barley etc), cucumber, broccoli, kale, brussels sprouts, pumpkin;

some experts also recommend: artichokes, mushrooms (incl shiitake), chicory, fennel, spring onions, potatoes, kohlrabi, leeks, turnip, mangold, parsnip, swede, okra, radicchio, algae's (spirulina, chlorella, hijiki, wakame, nori).

pH Balance Diet – Alkaline herbs and lettuce:

watercress, lambs lettuce, garlic, lettuce, chive, basil, green and red chillies, endive, coriander, dandelion, parsley, chard;

some experts also recommend: summer savory, nettle, iceberg lettuce, fennel seeds, garden cress, frisee,

ginger, capers, cardamon, chervil, kurkuma (yellow ginger), lattich, lovage, cumin, borage, lollo rosso lettuce, lemon balm, nutmeg, majoran, horseradish, clove, oregano, pepper (black, green, white, red), peppermint, allspice, romaine lettuce, rosemary, rucicola lettuce, safran, sage, sorrel, nigella sativa, thyme, vanilla, hyssop, cinnamon.

pH Balance Diet – Alkaline sprouts and seeds:

almonds, pumpkin seeds, sunflower seeds, sesame seed (incl tahini paste), flax seed, buckwheat groats, spelt, most sprouted seeds (including soya, alfalfa, mungo beans, chickpeas, broccoli), hummus.

pH Balance Diet – Alkaline drinks:

green drinks, fresh vegetable juice, alkaline water (enriched with pH drops, distilled or ionised), water with lemon or lime juice, various herbal teas (our recommendation is rooibos tea), vegetable broth, unsweetened soya milk, almond milk, goats milk.

pH Balance Diet – Alkaline fats and oils:

flaxseed oil, hempseed oil, avocado, olives and olive oil, evening primrose, coconut oil, certain oil blends.

Generally, it is recommended to eat loads of salads, fresh alkaline vegetables as well as healthy sprouts and nuts. Most of the fresh foods should be consumed raw (as cooking may reduce the nutrient content) together with 2 – 3 litres of water. In most areas, tap water is mildly acidic, with traces of pesticides, heavy metals and other nasties. Therefore, test your water for nasties, enrich it with pH drops or use an alkaline stick to create alkaline, mineral-rich water.

Acid foods

- any form of meat, incl. beef stock
- fish and shellfish
- milk and milk products (incl. low fat versions), like quark, yoghurt, kefir, cheese, ice cream, cream, eggs, milkshakes
- mustard, vinegar, ketchup
- most nuts, except almonds
- wheat products, incl. pizza, pasta, rice, bread, rolls, wholemeal products,
- sugar, sweets, honey, artificial sweeteners
- transfats, margarine, saturated fats, hydrogenated oil, corn oil
- fruit juices and sparkling drinks, like sparkling water, lemonade, coke
- coffee, black tea, green tea, fruit teas
- alcohol
- all fruits except for the ones listed as alkaline
- all ready meals

The general guidance is that fatty meats, dairy products, sweets, alcohol, tobacco are to be avoided. Fast foods often lack important nutrition and are full of sugar, salt and other hidden offenders.

Keep this chart as a guideline for your Alkaline diet.

For more information and other useful resources, please visit www.simplexhealth.co.uk