

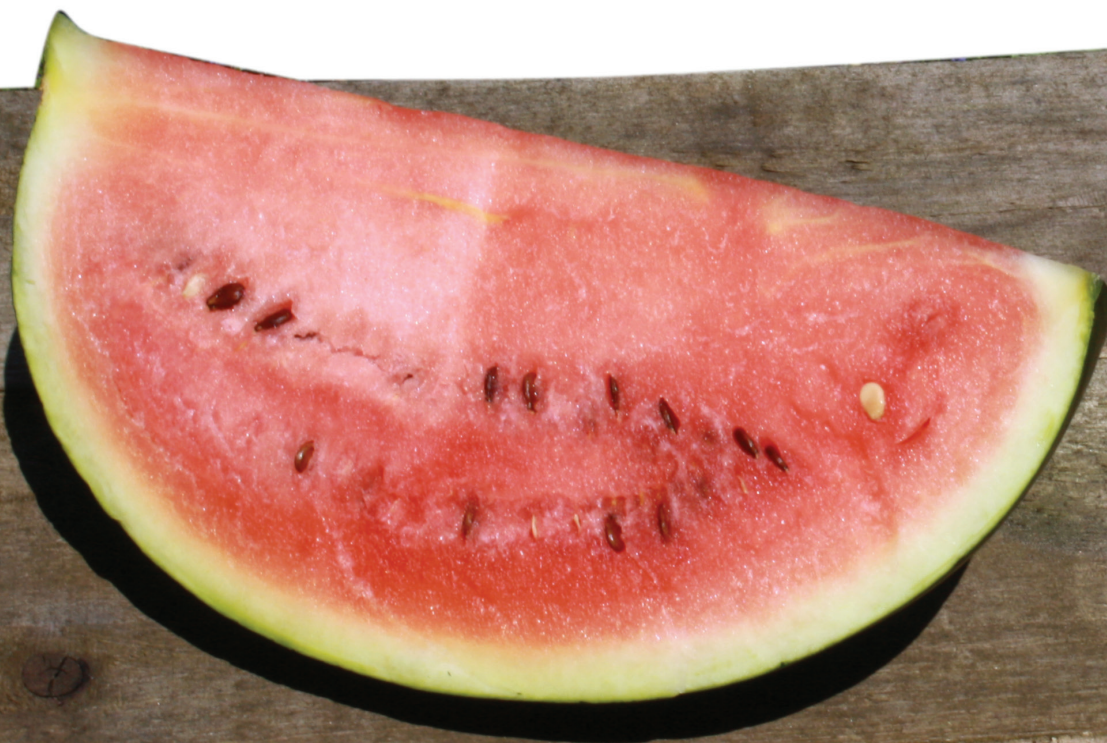
the comprehensive

acid & alkaline

food chart

The Acid & Alkaline Food Chart in an easy to read & easy to print chart.

Simplex
Health



www.simplexhealth.co.uk

The Philosophy behind our Food Chart



'Your health depends on the balance of an alkaline environment, created by eating foods such as tomatoes, avocados and green vegetables... Striking the optimum 80/20 balance and regulating your body's acid/alkaline chemistry through simple changes in diet can result in weight loss, increased stamina and strength, a stronger immune system and a greater sense of wellbeing.'

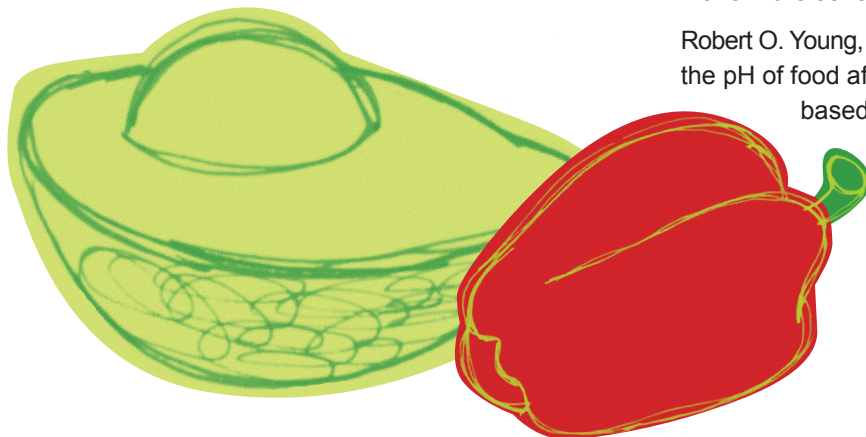
Robert O. Young, Pioneering scientist and author of The pH Miracle

Anyone who is a fan of the alkaline diet has probably at some point found that there are a number of different classifications for alkaline & acid foods around. We know it can be quite confusing to see such differences in the charts. The reason that charts show such a disparity is that some determine the pH of food before it is consumed (using PRAL = Potential Renal Acid Load research), whilst others look at the effect the food has on the body after it has been consumed. Thinking logically, the latter seems to make more sense.

Robert O. Young, a pioneer in the alkaline diet, measures the pH of food after its consumption, and we have based the **Simplexhealth Food Chart** on this too – so that we know whether a specific food will alkalise or acidify our body. To make it easier

for you to decide what to eat, we have based our main recommendations on experts like Robert O. Young, and then added the foods also recommended by others. That way you can decide which experts to follow.

Following a strict alkaline diet doesn't have to be scary or requiring a complicated method. As with most things, we recommend to follow the 80/20 rule; simply have a look at your plate: do 70-80% of it belong to the alkaline food groups? And for the remaining 20-30%, make sure they belong to the slightly acidifying foods, like wholemeal bread (rather than baked produce with white flour) or fresh wild water fish (rather than farmed fish).



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!

Fruits

- lemon
- avocado
- lime
- tomato
- grapefruit
- coconut

Also recommended

- 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

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

Also recommended

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



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 per day. In most areas, tap water is mildly acidic, with traces of chlorine, heavy metals and other nasties. Therefore, test your water for contaminants, enrich it with pH drops to create alkaline, mineral-rich water.

Herbs and lettuce

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

Fats and oils

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

Also recommended

- 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

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

Drinks

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

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.

Top Tips & Daily implementation

Following the alkaline diet should be fun and here are some top tips to help you implement it into your daily routine.

tip 1

Try and keep the acidic foods to a minimum of 20% of your diet. And wherever you can **replace very acidic foods with slightly acidic foods**, here are some examples:

- use wholemeal flour rather than white flour,
- avoid all ready-made & processed foods,
- use natural sweeteners over artificial sweeteners,
- and replace coffee & tea with herbal teas.

tip 3

Sometimes our intuition is fooled: some foods may appear acidic, but they are actually alkaline! This goes for lemons and limes and also tomatoes. **Use this Food Chart** to plan your meals by simply sticking it on the fridge.

tip 4

It can be hard to follow an alkaline diet if you are out all day. Therefore, support your diet by **drinking plenty of Green drinks**. They contain loads of alkaline leafy greens and vegetables and are a great way to increase your energy and sense of well-being. See a range of Green drinks on simplexhealth.co.uk

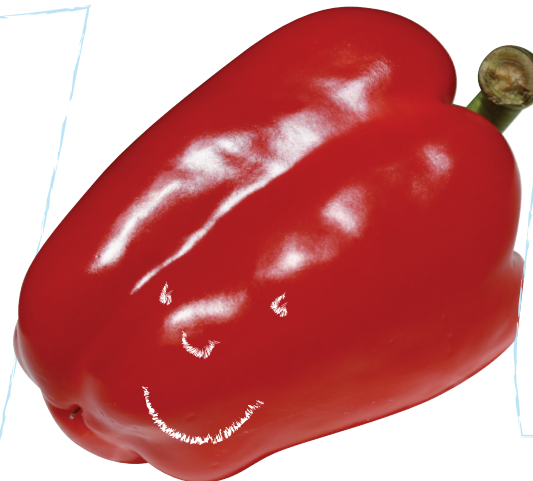


tip 5

Juicing! **Make your own healthy & energising juice**. Juicing is one of the best ways to consume a high amount of raw alkaline vegetables and fruits. Invest in a good quality juicer, which will get the most out of all your ingredients. Add lemon to improve taste and spoon-fulls of Green drink to enrich it even more. Alternatively, when you are busy or out, drink plenty of Green drink.

tip 2

Not just any water will do! Make sure that you **drink plenty of alkaline water**. We should consume about 2 litres of water every day – that's a large part of our diet. So make sure it counts by enriching it with good quality pH drops. Research the various alkaline drops on simplexhealth.co.uk to find the one that suits you.



Alkalise at simplexhealth.co.uk



pH Test Strips:

Each packet contains 100 highly accurate pH testing strips perfect to measure progress in your alkaline diet. The super-sensitive, wide range pH test strips measure saliva & urine pH from 4-9.5.



Just **£8.99** each

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Heavy Metals Test Kit:

Monitor your body and your environment for heavy metals contamination. Test urine, saliva, water, foods etc for the presence of potentially damaging heavy metals like Cadmium, Lead, Cobalt, Copper, Mercury, Nickel, Zinc and Manganese.



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pH Drops:

Alkaline water has been used for over 50 years – From its origins in Asia, more and more doctors from around the world concede that many diseases they see on a regular basis are actually treatable with an alkaline diet that includes an alkaline water product.

Our range of pH drops includes:



Alkazone Alkaline Booster with Antioxidant
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(60ml)

Just **£33.99**

For more information, also read our 'Guide to pH Drops' on <http://www.simplexhealth.co.uk/simplexhealth-guide-to-ph-drops-cms-51.html> on www.simplexhealth.co.uk

Alkaline Minerals & Salts:

Minerals & Salts can help to remove acids stored in the deeper tissue layers.

Our range includes:



Young pHorever pH Hour Salts
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Green drinks:

Greens give instant and sustained energy and are a fantastic source of chlorophyll for blood cleansing, weight management and muscle growth.

Our range includes:



Young pHorever pH Miracle Greens

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from just **£22.99** each

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