

## Acid and Alkaline – A Food Guide

The following table indicates which foods have an alkalizing effect on your body and which foods have an acidifying effect on the body. For good health, try to eat 80% of your food from the alkalising list and 20% from the acidifying list.

Don't allow yourself to become obsessed. Try, 90% of the time, to eat for health by eating from the foods on the left. A few slip ups will then be of little consequence. Also remember to supplement your eating with things that are extremely alkalising like Celtic Sea Salt, Colloidal Minerals, Barley Grass Powder, Chlorophyll, Seaweed products like Wakame and alkaline waters.

Start the day with a glass of warm water with the juice of a lemon in it. This stimulates the pancreas to release bi carbonates into the blood, thus having a powerful alkalising effect.

Visit our Website at [www.lifebalance.com.au](http://www.lifebalance.com.au) for more information on Nutrition and Balanced eating, including articles on Celtic Sea Salt.

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most alkaline	alkaline	lowest alkaline	food category	lowest acid	acid	most acid
Stevia, Xylitol	maple syrup, rice syrup	raw honey, brown sugar	<b>sweeteners</b>	processed honey, molasses	white sugar, raw sugar	nutrasweet, equal, sweet 'n' low
lemons, watermelon, limes, grapefruit, mangoes, papayas	dates, figs, melons, grapes, kiwi, berries, apples, pears, raisins	oranges, bananas, cherries, pineapple, peaches	<b>fruits</b>	plums, processed fruit juices	sour cherries, rhubarb	blueberries, cranberries, prunes
asparagus, onions, vegetable juices, parsley, raw spinach, broccoli, garlic	okra, squash, green beans, beets, celery, lettuce, zucchini, sweet potato	carrots, tomatoes, fresh corn, mushrooms, cabbage, peas, potato skins, olives	<b>beans vegetables legumes</b>	cooked spinach, kidney beans, string beans	potatoes, pinto beans, navy beans, lima beans, soybeans	carob
-	almonds	chestnuts	<b>nuts/seeds</b>	pumpkin & sunflower seeds	pecans, cashews	peanuts, walnuts
-	olive oil	canola oil	<b>oils</b>	corn oil, flax oil	-	-
-	-	amaranth, millet, wild rice, quinoa	<b>grains, cereals</b>	Sprouted wheat bread, spelt, brown rice	white rice, corn, buckwheat, oats, rye	wheat, white flour, pastries, pasta, white & brown bread
-	-	-	<b>meats</b>	venison, cold water fish	turkey, lamb chicken,	pork, beef, shellfish
-	breast milk	Goat & sheep milk and cheese, whey	<b>eggs, dairy</b>	eggs, butter, yogurt, buttermilk, cottage cheese, soy milk	soy cheese, raw milk	cheese, homogenised milk, ice cream
lemon water, herb teas	green tea	ginger tea	<b>beverages</b>	Tea	coffee	beer, soft drinks