

## Alkaline Food Chart- Becoming Alkaline

This is not as difficult or as technical as it sounds. When we talk about eating alkaline foods or starting an alkaline diet we are referring to consuming those foods and drink which have an alkaline effect on the body. This effect is based upon the ash residue that remains after our foods are consumed. Some foods leave an acid ash, whereas others leave an alkaline ash. Conveniently for us, our bodies have been designed to categorise which foods leave which kind of ash into neat and easy to remember groups. Of course, everybody is different - but most of us should aim to eat 75-80% alkaline forming foods and a maximum of 20-25% acid forming foods.

Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Neutral/Mildly Acidic	Moderately Acidic	Highly Acidic
<p>pH 9.5 alkaline water Himalayan salt Grasses Cucumber Kale Kelp Spinach (baby and grown) Parsley Broccoli Sea Vegetables (Kelp) Green drinks All Sprouted Beans Sprouts</p>	<p>Avocado Beetroot Basil Capsicum/Pepper Cabbage Celery Chives Collard/Spring Greens Coriander Endive Garlic Ginger Green Beans Lettuce Mustard Greens Okra Onion Radish Red Onion Rocket/Arugula Tomato Lemon Lime Butter Beans Soy Beans White Haricot Beans Chia/Salba Quinoa</p>	<p>Artichokes Asparagus Brussels Sprouts Cauliflower Carrot Courgette/Zucchini Leeks New Baby Potatoes Peas Pumpkin Swede Squash (Butternut, Summer etc) Watercress Grapefruit Coconut Pomegranate Rhubarb Buckwheat Lentils Tofu Goat &amp; Almond Milk Herbs &amp; Spices (Thyme, Mint, Ginger, Cumin etc.) Avocado Oil Olive Oil Coconut Oil Flax Oil Udo's Oil</p>	<p>Black Beans Chickpeas/Garbanzos Kidney Beans &amp; Other Beans Seitan Cantaloupe Fresh Dates Nectarine Plum Sweet Cherry Watermelon Millet Oats/Oatmeal Spelt Soybeans Buckwheat Pasta Cous Cous Brown Rice Rice/Soy/Hemp Protein Freshwater Wild Fish Rice &amp; Soy Milk Brazil Nuts Pecan Nuts Hazel Nuts Sunflower Oil Grapeseed Oil</p>	<p>Fresh, Natural Juice Ketchup Mayonnaise Butter Apple Apricot Banana Blackberry Blueberry Cranberry Grapes Guava Mango Mangosteen Orange Peach Papaya Pineapple Strawberry Goat's Cheese Vegan Cheese Rye Bread Wheat Wholemeal Bread Wild Rice Wholemeal Pasta Ocean Fish</p>	<p>Alcohol Coffee &amp; Black Tea Fruit Juice (Sweetened) Cocoa Honey Jam Jelly Mustard Miso Rice Syrup Soy Sauce Vinegar Yeast Dried Fruit Beef Chicken Eggs Farmed Fish Pork Shellfish Cheese Dairy Artificial Sweeteners Syrup Mushroom</p>