

Alkaline Foods

*Food components that leave acidic metabolic waste include sulfur, protein, & phosphate - Alkaline components include magnesium, potassium, and calcium.

Here are the food groups organized & considered/deemed as either Alkaline, Acidic, Or Neutral:

***Alkaline**: Vegetables, Nuts, Fruits, Legumes

***Acidic**: Alcohol, Meat, Poultry, Fish, Eggs, Grains, Dairy

***Neutral**: Milk, Sugar, Starch, Natural Fats

PH IS A MEASURE OF HOW ACIDIC OR BASIC(ALKALINE) A SUBSTANCE (SUCH AS FOOD, FOR EXAMPLE) OR SOLUTION IS.

*On a scale of 0-14 , A PH value of 7 is NEUTRAL (Meaning neither acidic nor alkaline). A PH value of less than 7 is alkaline while a PH value of more than 7 indicates it is more basic/alkaline.

Here's a list of alkaline foods you can incorporate into your diet:

Fruits:

- Dragon Fruit (Pitaya) (Great Natural Laxative, High Vitamin C, High Fiber & known to have Antioxidant, Anti-inflammatory, & Anti cancer properties)
- Apples
- Blueberries
- Apricots
- Avocados
- Bananas
- Cantaloupe

- Cherries
- Lemons (Lemons have an acidic PH before being digested, but once metabolized by the body it produces alkaline byproducts)
- Key Limes Higher sugar and citric acid content than lemons, Less acidic than regular limes)
- Oranges
- Pear (Slightly Alkaline)
- Raspberries
- Strawberries
- Mango
- Papaya
- Fresh Coconut (Fresh Coconut only, Dried Coconut is acidic)

Vegetables:

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Garlic
- Leafy greens (spinach, kale, etc.)
- Onions
- Peppers
- Potatoes (sweet and white)
- Zucchini

Other Alkaline Foods:

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Hemp seeds
- Quinoa
- Tofu
- Tempeh
- Water

Note: It is highly suggested that you consult with a healthcare professional and/or registered dietitian before making significant dietary changes.