

Acid Alkaline Diet

This can cause some confusion. By *acid-forming* foods we are not referring to *acid-tasting* foods such as grapefruit and lemons. In fact these 'acidic' foods have an alkaline effect on the body. Acid-forming foods leave an acidic residue in the body. The blood has to be kept within a very narrow range of acidity. If we eat too many acid-forming foods, then the body uses up valuable minerals including calcium trying to remove excess acid from the body. This puts a strain on the body generally which can lead to a slowing down of elimination and a build up of acid in the body. This 'over acidity' is implicated in many degenerative illnesses.

The following conditions could benefit from an acid/alkaline balanced diet: Arthritis, Gout, Kidney stones, Osteoporosis and others

A healthy diet should comprise of 70% Alkaline foods and 30% Acid-forming food

Acid-forming foods (30%) :

Wheat, including bread and pasta and biscuits
Cereals including oats and rice and corn
Dairy products including milk and cheese
Eggs
Meat and Poultry
Fish and Seafood
Nuts (except Almonds)
Peanuts
Carob
Chocolate
Coffee
Alcohol
Tea
Sugar
Tinned foods
Microwaved food
Processed foods
Soft drinks
Fruit: Pomegranates
Prunes Vegetables: asparagus
Horseradish
Pulses eg lentils

Alkali-forming foods (70%):

Most fruit and vegetables are alkali forming. The exceptions are listed under Acid forming foods,

The following are also alkali-forming:

Potatoes
Almonds
Goats Milk
Millet
Molasses
Seaweeds
Sunflower seeds
Fermented foods:
Live cultured yoghurt
Tofu
Shuyu (soya sauce)