

To create stable long lasting health it is important to look at the ratio of Alkaline forming & acid forming foods in the diet. A balance of 80% ALKALINE (anti-inflammatory)- 20% ACID (pro-inflammatory) is a good guide.

Many health conditions are worsened and possibly caused by the excessive consumption of acid-forming foods. When acidity builds up within the body and is not neutralized by alkaline buffers disease can occur. Confusion surrounding what is 'acidic' and what is 'alkalising' is very common. Generally what is acidic outside of the body is alkalising once metabolized inside the body. The following list should be used as a guide, with 80% of the diet coming from '**good choice**' alkaline forming foods and no more than 20% coming from '**good choice**' acid forming foods.

80%					
Extremely Alkaline Forming	Moderately Alkaline Forming		Slightly Alkaline Forming	Neutral	
Fruits Dates (fresh & dried) Figs (fresh & dried) Grapes (sweet, seedless) Kiwifruit Lemon, Lime Mango Melons (all) Passionfruit Paw Paw & Papaya Pineapple Raisins Umeboshi Plums Vegetables Asparagus (ripe) Carrots Celery Endive Parsley Seaweeds (kelp, karengo) Watercress Miscellaneous Cayenne	Fruits Apples, Apricots Avocados Bananas (ripe), Berries Breadfruit Currants, Cantaloupe Guavas, Gooseberry Grapefruit, Grapes (Sour) Nectarine Oranges Pear (sweet), Peaches (sweet) Persimmon Raspberries Strawberries Miscellaneous Acidophilus Apple cider vinegar Arrowroot flour Brown Rice Vinegar (sweet) Carob, Honey (raw)	Miso & Tamari (wheat-free soy) Sea salt, Spices Vegetables Alfalfa sprouts Beans (green, fresh) Bamboo shoots, Beets Bell pepper (red & green) Broccoli Cabbage (red & white) Cauliflower Dalkon garlic Ginger (fresh) Green herbs (leafy) lettuce (green) Kale Lima beans Okra Parsnip, Peas (sweet) Potato (with skin) Pumpkin (sweet) Spinach, Squash Sweet corn Turnip Zucchini	Fruits Cherries (fresh) Coconut Rhubarb Tomato (sweet) Vegetables Artichokes (Globe & Jerusalem) Brussel Sprouts Cucumber Eggplant horseradish Leeks Mushrooms Okra, Olives (ripe) Onions Radish, Taro Water Chesnut Nuts, Grains, Seeds & Legumes Almonds, Amaranth Barley Malt, Chestnuts Quinoa (great protein)	Millet Sesame seeds Soy cheese, milk, beans Sprouted grains Tempeh & Tofu Dairy & Animal Products Buttermilk Egg Yolk (soft cooked) Goat's milk (raw & whey) Miscellaneous Brown rice syrup & vinegar Honey raw, Horseradish Mayonaise (homemade), Miso Olive Oil Pickles (homemade) Spices Yeast	Miscellaneous Butter (unsalted, fresh) Cream (fresh & raw) Milk (raw cow's) Oils (except olive) Whey (fresh) Yoghurt (plain)

20%						
Slightly Acid Forming		Moderately Acid Forming		Extremely Acid Forming	Miscellaneous TO AVOID	
Fruits Blueberries Coconut (dried) Cranberries Plums Prunes (& juice) Soy Beans Vegetables Beans (dried- mung, adzuki, Pinto, kidney & garbanzo) Olives (pickled) Nuts, Grains, Seeds & Legumes Barley Bran Brazil nuts Cashews Cornmeal Lentils Macadamias Nutmeg Pistachios Pumpkin (pepita seeds) Sunflower seeds Walnuts	Dairy & Animal Products Butter (salted) Cheeses (mild & crumbly) Goat's milk (homogenized) Cow's milk & products (homogenized) Miscellaneous Barley Malt syrup Honey (pasteurized) Maple syrup (unprocessed) Molasses (organic/unsulphured) Mustard Popcorn (with butter) Rye crackers (unrefined) Rye grain & Rye bread Spelt Unrefined cereals (with honey or fruit) Unrefined crackers (rice/wheat)	Fruits All fruits- preserved, jelled, canned, sugared, dried, sulphred, glazed, raw with sugar, unripened, pickled Bananas (green) Fruit juices (with sugar) Vegetables Asparagus (tips, white) Potatoes (without skin) Nuts, Grains, Seeds & Legumes Buckwheat Corn & rice breads Oats, Peanuts Tapioca,, Wheatgerm Wholegrain Pasta Wholegrain Pastry Whole wheat foods	Dairy & Animal Products Cheese (sharp & tasty) Eggs (whole, hard cooked) Fish Shellfish Yoghurt (sweetened) Miscellaneous Maple syrup (processed) Mayonnaise/Ketchup Molasses (sulphured) Pickles (commercial) Popcorn (salted) Rice (brown & basmati) Soy sauce (commercial) Tobacco (roll your own) Refined breads (corn, oats, rice, rye) Refined cereals (eg. Weetbix) Wine	Dairy & Animal Products Beef Chicken Goat Lamb Pork Turkey	Artificial Sweeteners Alcohol Beer Bread (wheat) Candy & confectionery Carbonated Drinks (soft/fizzy) Chocolate & cocos Cigarettes (tailor-made) Coco-Cola Coffee Condiments – curry, etc Dressings & sauces Drugs (asprin, etc) Jams & Preserves Pastries & Cakes Salt (table- refined & lodised) Semolina Soda Water	Sugar (brown & white) Tea (black) White pasta White rice White wheat flour White vinegar (processed) TOO LITTLE SLEEP TOO MUCH STRESS & OVERWORK Nuts, Grains, Seeds & Legumes Roasted Nuts (all) Dairy & Animal Products Custard Icecream Milk (boiled, dried, cooked, pasteurized, melted, canned)

