

Alkaline –Acid food chart

Alkaline FRUITS

Apples
 Apricots
 Avocados
 Bananas
 Berries
 Cantaloupe
 Cherries Currants
 Dates
 Figs
 Grapes
 Grapefruit
 Guavas
 Kumquats
 Lemons
 Limes
 Loquats
 Mangoes
 Melons
 Nectarines
 Olives
 Oranges
 Papaya
 Passion Fruit
 Peaches
 Pears
 Persimmons
 Pineapple
 Pomegranates
 Quince
 Raisins
 Strawberry
 Tamarind
 Tangerine

Acid FRUITS

All preserved / jellied
 Canned — sugared
 Dried — sulfur
 Cranberries
 Olives

Alkaline VEGGIES

Bamboo shoots
 Beans (not dried)
 ○ Green beans
 ○ Lima beans
 ○ String beans

Sprouts
 Beat
 Broccoli
 Cabbage
 Carrots
 Celery
 Cauliflower
 Chard
 Chicory
 Chives
 Collards
 Cowslip
 Cucumber
 Dandelion
 Dill
 Dock
 Dulse
 Eggplant
 Endive
 Escarole
 Garlic
 Horseradish
 Jerusalem artichoke
 Kale
 Kohlrabi
 Leek
 Legumes (not lentils)
 Lettuce
 Okra
 Onions
 Oyster plant
 Parsley
 Parsnips
 Peppers (green or red)
 Potatoes
 Pumpkin
 Radish
 Rutabaga
 Sauerkraut
 Sorrel
 Spinach
 Squash
 Turnips
 Water chestnut
 Watercress

Acid VEGGIES

Artichokes
 Asparagus
 Beans (dried)
 Brussels sprouts
 Garbanzo beans
 Lentils
 Rhubarb

Alkaline DAIRY

Acidophilus
 Butter milk
 Kefir
 Yogurt
 Whey

Acid DAIRY

Butter
 Eggs
 Cheese
 Cottage Cheese
 Cream
 Ice Cream
 Custards
 Milk (pasteurized)

Alkaline MEAT

None

Acid MEAT

Meat (all)
 Fish
 Chicken
 Turkey
 Duck

Acid CEREALS

All flour products
 Buckwheat
 Barley
 Corn
 Corn flakes
 Grape nuts
 Oatmeal
 Rice
 Rye

Alkaline NUTS

Almonds
 Chestnuts
 Coconut

ACID NUTS

Peanuts
 Pistachios
 Walnuts
 Macadamias

ALKALINE MISC.

Ginger
 Honey
 Kelp
 Alfalfa
 Clover
 Mint
 Sage

ACID MISC.

Alcohol
 Coffee & Cocoa
 Candy & Chocolate
 Sugar
 Soda drinks
 Curry
 Pepper & Spices
 Dressings & Sauces
 Drugs
 Jams & Jellies
 Flavors & Preservatives
 Mayonnaise
 Vinegar
 Vine
 Lack of Sleep
 Worry & Stress

Primary Alkaline

MINERALS

Cesium
 Calcium
 Magnesium
 Potassium
 Manganese

The information presented here is educational only. It is not intended to replace the advice of a properly trained health care practitioner. However, the average US medical training in nutrition is less than 3 credit hours (less than 40 actual hours) There is no copyright on this information. You can spread these advices to your family, friends, neighbors and coworkers. The healthier we became as a community, the healthier we become as individuals. The therapeutic approach however reflects our opinion that we need to address all aspects of our life: physical, energetic, mental-spiritual and social. Please acknowledge that if you share this information with other people.

Marius Hossu MD DC, healthbyhands@gmail.com

ALKALINE = need to be eaten at every meal

Acidophilus	Clover	Kohlrabi	Pomegranates
Alfalfa	Coconut	Kumquats	Potatoes
Almonds	Collards	Leek	Pumpkin
Apples	Cowslip	Legumes (not lentils)	Quince
Apricots	Cucumber	Lemons	Radish
Avocados	Dandelion	Lettuce	Raisins
Bamboo shoots	Dates	Limes	Rutabaga
Bananas	Dill	Loquats	Sage
Beans (not dried)	Dock	Mangoes	Sauerkraut
○ Green beans	Dulse	Melons	Sorrel
○ Lima beans	Eggplant	Mint	Spinach
○ String beans	Endive	Nectarines	Sprouts
Beat	Escarole	Okra	Squash
Berries	Figs	Olives	Strawberry
Broccoli	Garlic	Onions	Tamarind
Butter milk	Ginger	Oranges	Tangerine
Cabbage	Grapefruit	Oyster plant	Turnips
Cantaloupe	Grapes	Papaya	Water chestnut
Carrots	Guavas	Parsley	Watercress
Cauliflower	Honey	Parsnips	Whey
Celery	Horseradish	Passion Fruit	Yogurt
Chard	Jerusalem artichoke	Peaches	
Cherries Currants	Kale	Pears	
Chestnuts	Kefir	Peppers (green or red)	
Chicory	Kelp	Persimmons	
Chives		Pineapple	

ACID

Alcohol	Chicken	Preservatives	Pistachios
All canned fruits	Coffee & Cocoa	Garbanzo beans	Rhubarb
All dried fruits	Corn	Grape nuts	Rice
All flour products	Corn flakes	Ice Cream	Rye
All preserved fruits All	Cottage Cheese	Jams & Jellies	Soda drinks
jellied fruits	Cranberries	Lack of Sleep	Sugar
Artichokes	Cream	Lentils	Turkey
Asparagus	Curry	Macadamias	Vine
Barley	Custards	Mayonnaise	Vinegar
Beans (dried)	Dressings & Sauces	Meat (all)	Walnuts
Brussels sprouts	Drugs	Milk (pasteurized)	Worry & Stress
Buckwheat	Duck	Oatmeal	
Butter	Eggs	Olives	
Candy & Chocolate	Fish	Peanuts	
Cheese	Flavors &	Pepper & Spices	

Mineral content in food depends not only on mineral content of the soil but also on microbial enzyme. Without microbes, mineral transfer to plant life is negligible.

Most foods that taste acid generally leave an alkaline residue at the end of the digestive process. Food such as meat, chicken and sugar do not taste acid. However they deposit the greatest amounts of acid the end of the digestive process. It is then up to alkaline ash minerals to neutralize these acid residues for human body cells to remain healthy.

Keeping the body in an alkaline pH range is one of the greatest secrets for keeping excellent health. The first step is to re-alkalinize your body and then keep it in the optimal pH range Cells must be slightly alkaline in order to function. Interstitial and cellular fluid's pH must be alkaline for antioxidants to be effective against free radicals. Most of the residues and byproducts produced during normal / healthy functioning of the body are acid. In case of an illness this acid production increases even more. The only therapy for these acid residues is to be buffered and flushed out.

To achieve that you need to have an adequate intake of alkaline food EACH MEAL. In addition, ionized bio-available minerals like those from coral or eggshell and special detoxification procedures might be necessary for a while.