

## Healthy Living: Alkaline & Acidic Foods

Alkaline water is an important step to balancing the acid in our bodies. Eating a good portion of alkaline food is also important. Most health professionals recommend a balance of 70% alkaline, 30% acidic food.

### Alkalizing Foods:

#### Vegetables

Garlic, Asparagus, Fermented Veggies (EM -- Effective Microorganisms), Watercress, Beets, Broccoli, Brussell Sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard, Greens, Cucumber, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnip, Peas, Peppers, Pumpkins, Rutabaga, Sea Veggies, Spirulina, Alfalfa, Barley Grass, Wheat Grass, Wild Greens

#### Fruits

Apple, Apricot, Avocado, Banana, Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Melon, Nectarine, Orange, Lemon, Pear, Pineapple, all berries, Tangerine, Tomato, Tropical Fruits, Watermelon

#### Protein

Whey Protein Powder, Cottage Cheese, Chicken Breast, Yogurt, Almonds, Chestnuts, Tofu (fermented), Flax Seeds, Pumpkin Seeds, Tempeh (fermented), Squash Seeds, Sunflower Seeds, Millet, Sprouted Seeds, Nuts, Eggs

#### Oriental Vegetables

Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori Umeboshi, Wakame, Sea Veggies

#### Spices & Seasoning

Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, All Herbs

#### Other

Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggie Juices, Fresh Fruit Juice, Organic Milk, Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Banchi Tea, Kombucha

## **Acidifying Foods:**

### Fats and Oils

Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil

### Fruits

Cranberries

### Grains

Rice Cakes, Wheat Cakes, Amaranth, Barley, Buckwheat, Corn, Oats, Quinoa, Rice, Rye, Spelt, Kamut, Wheat, Hemp Seed, Flour

### Nuts and Butters

Cashews, Brazil Nuts, Peanuts, Pecans, Tahini, Walnuts

### Animal Protein

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison

### Pasta

Noodles, Macaroni, Spaghetti

### Alcohol

Beer, Spirits, Hard Liquor, Wine

### Beans and Legumes

Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk

### Waters

Rain Water, Certain Backwash Filtered Water, Distilled Water, Reverse Osmosis Water

### Dairy

Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk, Butter

### Other

Distilled Vinegar, Wheat Germ, Potatoes

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