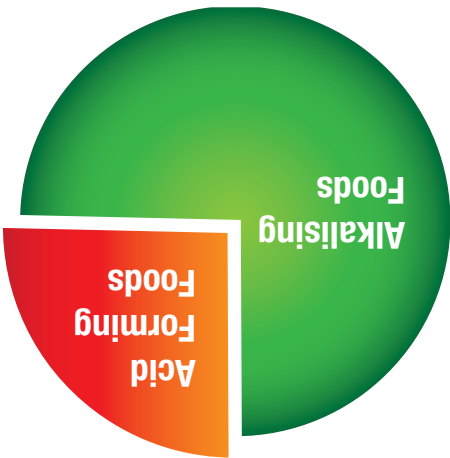


\*Each person may have different requirements



The ideal diet contains 75 percent alkalising and 25 percent acidifying foods by volume\*

This chart provides a list of the foods that are alkalising and acidifying to our body. Bodily cells and fluids all require a balanced level of acidity or alkalinity to function well. The Western diet can be highly acid forming, potentially leading to symptoms such as, lack of energy, lack of concentration, reduced stamina, becoming easily stressed, nervousness, frequent illness, aching muscles of joints, or chronic illness.

To reduce the acid burden on our body, a rich supply of alkalising fruits and vegetables is key. It may also help for a highly acidic system, to supplement the diet with an alkalising mineral drink, to help the body rebalance and become more alkaline.

# Acid-Alkaline Food Chart



Practitioner details:



Bio-Practica Pty Ltd  
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Glen Osmond, SA 5064

# Alkalising Foods

<b>VEGETABLES</b> Alfalfa Asparagus Barley Grass Beets Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chard Chicory Chives Chlorella Collard Greens Cucumber Dulce Dandelions Edible Flowers Eggplant Fennel Fermented Vegetables Garlic Gherkin, pickled Green Beans Green Peas Kale Kohlrabi Leeks Lettuce Mushrooms Mustard Greens Nightshade Vegetables Onions Parsnips	Peas Peppers Potatoes Pumpkin Radish Rocket Rutabaga Sauerkraut Spinach Tomatoes Zucchini	<b>ORIENTAL VEGETABLES</b> Daikon Dandelion Root Kombu Maitake Nori Reishi Sea Veggies Shitake Umeboshi Wakame	<b>FRUITS</b> Apple Apricot Avocado Banana (ripe) Blackberries Blackcurrants Cantaloupe Cherries Coconut, fresh	Currants Dates/Figs Goji Grapefruit Grapes Honeydew Melon Kiwi fruit Lemon Lime Mango Nectarine Orange Peach Pear Pineapple Umeboshi Plums Raisins Raspberries Rhubarb Strawberries Tangerine Tomato Tropical Fruits Watermelon	<b>PROTEIN</b> Almonds Chestnuts Flax Seeds Hazelnuts Millet Pumpkin Seeds Soy beans Sprouted Seeds Squash Seeds	Sunflower Seeds Tempeh Tofu	<b>SWEETENERS</b> Honey Stevia Sugar, brown	<b>SPICES/SEASONINGS</b> Apple cider/wine/ balsamic vinegar Basil Cayenne Chili Pepper Chives Cinnamon Curry Ginger Herbs (all) Lemon juice Miso Mustard Parsley Sea Salt Tamari Turmeric	<b>OTHER</b> Bee Pollen Kombucha Lecithin Granules Marmalade Molasses, blackstrap Probiotic Cultures	<b>FATS &amp; OILS</b> Coconut Oil, raw Evening Primrose Oil Fish Oils Flaxseed Oil	<b>DRINKS</b> Banchi Tea Beer (except pale beer) Cocoa (made with semi-skimmed milk) Dandelion Tea Fresh Fruit Juices Ginseng Tea Green Juices Green Tea Herbal Tea Mineral Water Soy milk Tomato Juice Vegetable Juices	<b>DAIRY</b> Nougat Hazelnut Cream Organic Milk (unpasteurised) Whey
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Alkaline



Neutral



Acidic

# Acid Forming Foods

<b>ANIMAL PROTEIN</b> Beef Carp Chicken Clams Cod Corned Beef Duck Eggs Fish Frankfurts Goose Herring Lamb Liver Lobster Luncheon meat Mussels Organ Meats Oyster Pork Prawns Rabbit Salami Salmon Sardines Sausages Scallops Shellfish Shrimp Trout Tuna Turkey Veal Venison	<b>GRAINS</b> Amaranth Barley Bread Buckwheat Corn/ Cornstarch Cornflakes Crackers Flour Hemp Seed Flour Kamut Macaroni Millet Noodles Oats (rolled) Pasta Pumpernickel Quinoa Rice (all) Rice Cakes Rusk Rye Spaghetti Spelt Wheat Wheat Germ	<b>BEANS &amp; LEGUMES</b> Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans White Beans	<b>NUTS &amp; BUTTERS</b> Cashews Peanuts Peanut Butter Pecans Pistachios Tahini Walnuts	<b>SWEETENERS</b> Barley Malt Brown Rice Syrup Carob Corn Syrup Fructose	<b>DAIRY</b> Butter Buttermilk Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Chocolate, bitter Chocolate, milk Cream Ice Cream Milk, skimmed Milk, whole, pasteurised and sterilised Quark Yoghurt	<b>ALCOHOL</b> Beer Hard Liquor Spirits Wine	<b>DRINKS</b> Coffee Soft Drinks Carbonated drinks Coca-cola Cordials & sugary drinks	<b>OTHER</b> Tomato sauce Mustard
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Alkaline



Neutral



Acidic