



# Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

## Acid / Alkaline Food Listing

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Low Acid	More Acid	Most Acid
baking soda	spices cinnamon pepper	herbs (most)		<b>Spices Herbs</b>	curry	vanilla	nutmeg	pudding jam jelly
lemons limes watermelon persimmon raspberry	melons grapes kiwi apples pear grapefruit cantaloupe honeydew olives dewberry loganberry mango	avocado blackberry cherry peach papaya nectarine	oranges apricot blueberry raisin, currant grape strawberries bananas pineapple pineapple juice avocados	<b>Citrus Fruits Fruits</b>	coconut guava pickled fruit dry fruit figs persimmon juice cherimoya dates	plums processed fruit juices prune tomatoes	sour cherries cranberry pomegranate	
lentils broco-flower seaweed onion miso daikon sea veggies burdock lotus root sweet potato yam	kohlrabi parsnips taro garlic asparagus kale parsley endive arugula mustard greens ginger root broccoli	potato bell pepper mushroom fungi cauliflower cabbage rutabaga salsify ginseng eggplant pumpkin collard greens	brussel sprouts beet chive cilantro celery okra cucumber turnip greens squashes lettuces	<b>Vegetables Beans Legumes Pulses Roots</b>	spinach fava beans kidney beans black-eyed peas string & wax beans zucchini chutney	tofu split pea tempeh pinto beans white beans navy & red beans adzuki beans lima beans mung beans chard	green pea peanut snow pea legumes(other) carrots chick pea garbanzo	soy bean carob
olive oil	flax seed oil	primrose oil cod liver oil	avocado oil coconut oil linseed & flax oil	<b>Oils</b>	corn oil oils of: pumpkin seed grape seed sunflower pine nuts canola	almond oil sesame oil safflower oil	chestnut oil palm kernel oil	
pumpkin seed	poppy seeds cashews chestnuts	sesame seeds almonds sprouts	seeds (most)	<b>Nuts/Seeds Sprouts</b>		tapioca seitan or tofu	pistachios pecans lard	cottonseed oil meal hazelnuts walnuts brazil nuts



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			oats 'grain coffee' quinoa wild rice japonica rice	Grains Cereals Grass	millet kasha triticale amaranth brown rice	buckwheat wheat spelt teff kamut farina semolina white rice	maize barley groats corn rye oat bran	barley
				Fowl	wild duck	goose turkey	chicken	
				Meats	gelatin organs	lamb mutton	pork veal	beef
				Game	venison	boar elk	bear	pheasant
				Fish Shell Fish	fish	shellfish mollusks	mussels squid	lobster
		quail eggs	duck eggs	Eggs	chicken eggs			
		human breast milk		Cow/Human	yogurt	aged cheese	new cheeses	ice cream homogenized milk
			ghee (clarified butter)	Processed Dairy	cream butter	cow milk goat milk	casein milk protein cottage cheese	processed cheese
		almond milk		Non-Dairy	rice milk	soy cheese	soy milk	
sea salt mineral water herb teas lemon water	kombucha	green or mu tea	ginger tea	Preservatives Beverages	msg tea kona coffee	benzoate black tea alcohol	aspartame coffee	table salt beer yeast hops malt soft drinks
	molasses	rice syrup	raw honey raw sugar sucant	Sweeteners	honey maple syrup	stevia	saccharin	sugar cocoa
	soy sauce	apple cider vinegar	umeboshi vinegar	Vinegars	rice vinegar	balsamic vinegar		white acid vinegar



## Acid / Alkaline Foods

The body fluids of the healthy are alkaline (high pH), whereas the body fluids of the sick are often acidic (low pH). Most degenerative diseases attributed to aging, such as cancer, osteoporosis, heart disease, as well as other diseases like allergies, kidney stones and gallstones, have all been scientifically linked to calcium and other mineral deficiencies that result in the body fluids becoming acidic. Acidosis is a common denominator in over 150 degenerative diseases.

When foods are eaten they are broken down and oxidized in the body, resulting in the formation of a residue. Depending on the type of food you eat, this breakdown residue will be alkaline or acidic.

### Tips for Alkalinizing your Diet

1. Unless directed differently by your practitioner, consume 70% of alkaline foods and 30% of acidic foods in each meal. During the summer increase the amount of alkaline food you consume and in the winter decrease the amount of alkaline food slightly.
2. Eat five to six cups of vegetables and one to two servings of fruit a day.
3. Drink the juice of half a lemon or lime in water as a morning beverage.
4. Eat one cup of alkalinizing greens daily (kale, collards, mustard greens, rapini, spinach or broccoli).
5. Consume millet and quinoa as an option to acid forming grains such as wheat.
6. Consume one cup of miso broth a day (1 tsp of miso dissolved in one cup of hot, not boiling, water.)
7. Make blender drinks using alkaline juices, green powdered supplements and fruits, especially in the spring, summer and autumn.
8. Choose fish and lamb over beef and chicken as they are less acid forming.
9. Use olive oil or coconut oil as they are less acid forming than other vegetable oils.
10. Avoid a lot of coffee, caffeine, sugar, alcohol and other strongly acidic food and beverages.
11. Ensure that you consume adequate water ~ ½ your body weight (pounds) in ounces a day.
12. Walk and do gentle stretching movements every day. ½ hour of walking should be part of your daily regimen.
13. Choose personal care products that are chemical-free and alkaline.
14. Use chemical free products in your home and garden.
15. Assess for and address your body's burden of environmental chemicals and toxins.
16. It is also important to remember that emotions, thoughts and habits have an effect on your body chemistry as well. Rest, relaxation, exercise, oxygen, pleasure, laughter and love are alkalinizing on the body. Worry, fear, anger, resentment and the feeling of a lack of love have an acid effect.
17. Choose natural means, as much as possible, in the management and prevention of chronic disease.