

HEALTH TIP #10 – ALKALINE AND ACIDIC FOODS

The alkaline diet is a system of eating based on the belief that certain foods leave an alkaline residue or ash, in the body. Foods are classified as alkaline or acidic based on their effects on the body, not necessarily their own pH.



Acidic Lifestyle

Western Diet VERY acidic

- Fast foods
- Takeaways
- Fatty Snacks
- Microwave dinners
- Fizzy drinks
- Sweets
- Caffeine
- Alcohol
- Smoking
- Lack of exercise
- STRESS!



Eating higher acidic (sugar and carbohydrate) foods may increase the acid levels in our bodies, throw off the pH balance and promote an imbalanced acid level which may cause headaches, anxiety, and irritability, and lead to serious health risks such as heart and skin problems along with calcium related issues.

Eating higher alkaline foods may restore the pH body level as they flush acidic wastes from our systems, enhance mental clarity and clearer thinking, prevent cancer, osteoporosis, obesity, fatigue, kidney stones and heart related issues. They may also reduce the risk of allergies, arthritis and heart problems, improve skin tone and skin health, and help people who have problems with frequent colds and flu's.



3 Carbonated Water, Club Soda, Energy Drinks

4 Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet

5 Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,

6 Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

7 Neutral pH

Most Tap Water, Most Spring Water, Sea Water, River Water

8 Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas

9 Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas

10 Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion

Note: Colas are 2.3 (off the chart)!

It is recommended that our daily diet consist of 20% acidic and 80% alkaline food to maintain a healthy body.

Consider making this 'healthy change for a healthier you'!

To Your Health,
Karen Mastrogiovanni, the Health Pastor

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