

ALKALINE - ACID FOOD CHART

Eat 80% Alkaline Foods and 20% Acid Forming Foods

Alkaline Foods		Acidic Foods	
Vegetables Artichokes Asparagus Beetroot Broccoli Brussels Sprouts Cabbage Carrot Cauliflower Celery Chives Courgette Cucumber Garlic Grasses (wheat, straw, barley, dog, kamut, etc.) Green Beans Kale Lambs Lettuce Leeks Lettuce Onion Pease Radish Red Cabbage Spinach Swede Turnip Watercress Fats & Oils Avocado Borage Evening Primrose Flax Hemp Oil blends (such as Udos Choice) Olive	Fruits Avocado Grapefruit Lemon Lime Rhubarb Tomato Drinks Almond milk Fresh vegetable juice 'Green drinks' Herbal tea Lemon water (pure water & fresh lemon or lime) Non-sweetened soy milk Pure water (distilled, reverse osmosis, ionized) Vegetable broth Seeds, Nuts & Grains Almonds Any sprouted seed Buckwheat Groats Cumin Seeds Flax Lentils Pumpkin Sesame Spelt Sunflower Others Sprouts (Soy, Alfalfa, Mung Bean, Wheat, Little Radish, Chickpea, Broccoli, etc.) Hommous (Hummous) Tahini	Meats Beef Chicken Crustaceans Lamb Pork Seafood (apart from occasional oily fish, such as Salmon) Turkey Others Artificial Sweeteners Biscuits Condiments (Tomato sauce, Mayonnaise, etc.) Honey Soy sauce Tamari Vinegar White bread White pasta Wholemeal bread Convenience Foods Chocolate Fast food Instant meals Microwave meals Powdered soups Sweets Tinned foods Fruits All fruits, aside from those listed in the alkaline column	Dairy Products Cheese Cream Eggs Ice cream Milk Yogurt Drinks Beers Coffee Dairy smoothies Fizzy drinks Fruit Juice Milk Spirits (alcoholic drinks) Tea Traditional tea Fats & Oils Corn oil Hydrogenated oils Margarine (worse than butter) Saturated fats Sunflower oil Vegetable oil Seeds & Nuts Cashew nuts Peanuts Pistachio nuts
Foods to Eat Salads, fresh vegetables, non-wheat bread, healthy nuts and oils. Raw foods are preferable, along with at least 2-3 liters of clean, pure water daily. Test your early morning saliva with these pH test strips .		Foods to Avoid Meats, dairy, cheese, sweets, chocolates, wheat, corn, pasta, alcohol and tobacco. Also, all packaged foods (full of hidden offenders), micro waved meals (full of sugars and (bad) salts) and over cooked foods (all of the nutrition is removed when cooked over 180°).	



Supplements to Take



4 Salts



SuperGreens



Prime pH



Lifepak Nano



Passion 4 Life

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