



The Functional Foodie

Acid vs Alkaline

The basic premise is that we should have alkaline and acidic foods in a ratio of 70/30, though this varies wildly!

Some alkalising diets advocate drastically reducing all acid-forming foods, including fruit, meat, dairy and even green tea.

Some charts determine acidity or alkalinity on the food before it is consumed. The effect the food has on the body after it has been consumed is more important.

Highly alkaline foods -

pH 9.5 alkaline water, Himalayan salt, grasses, cucumber, kale, spinach, parsley, broccoli, sprouts (soy, alfalfa etc), sea Vegetables (kelp), green drinks, all sprouted beans/sprouts

Moderately alkaline –

avocado, beetroot, peppers, cabbage, celery, spring greens, endive, garlic, ginger, green beans, lettuce, mustard greens, okra, onion, radish, red onion, rocket, tomato, lemon, lime, butter beans, soy beans, haricot beans, chia, quinoa

Mildly alkaline -

artichokes, asparagus, Brussels' sprouts, cauliflower, carrot, chives, courgette, leeks, new potatoes, peas, rhubarb, swede, watercress, grapefruit, coconut, buckwheat, spelt, lentils, tofu, other beans & legumes, goat/almond milk, most herbs/spices, avocado/olive/coconut/flax oil

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Neutral –

chickpeas, kidney/black beans, cantaloupe, currants, fresh dates, nectarine, plum, sweet cherry, watermelon, amaranth, millet, oats, soya beans, rice/soy/hemp protein, freshwater wild fish, rice/soya milk, Brazil/pecan/hazelnuts, sunflower/grapeseed oil

Moderately acidic -

fresh, natural juice, ketchup, mayonnaise, butter, apple, apricot, banana, blackberry, blueberry, cranberry, grapes, mango, orange, peach, papaya, pineapple, strawberry, brown rice, oats, rye bread, wheat, wholemeal bread, wild rice, wholemeal pasta, ocean fish

Highly acidic –

Alcohol, coffee/tea, sweetened fruit juice, cocoa, honey, jam, mustard, miso, rice syrup, soy sauce, vinegar, yeast, dried fruit, beef, chicken, eggs, farmed fish, pork, shellfish, cheese, dairy, artificial sweeteners, syrup, mushrooms.