

Acid Alkaline Foods

Alkaline Ash Foods: 99.9% of all fruits and vegetables produce alkaline ash when digested in the body. One exception is cranberries which are slightly acidic. For more detailed information, please refer to the informational report, Acid Alkaline Balance and Its Effect on Health and Disease. This is available through Cherubino Health Center and online www.cherubhealth.com.

Vegetables: remembering that all vegetables are alkaline; here are a few suggestions.

Asparagus
Artichokes
Cabbage
Lettuce
Onion
Cauliflower
Radish
Swede
Lambs Lettuce
Peas
Courgette (*British Zucchini*)
Red Cabbage
Leeks
Watercress
Spinach
Turnip
Chives
Carrot
Green Beans
Beetroot
Garlic
Celery
Grasses (*Wheat, Straw, Barley, Dog, Kamut etc.*)
Cucumber
Broccoli
Kale
Brussels Sprouts

Fats and Oils: unprocessed, low temperature

Flax
Hemp
Avocado
Olive
Evening Primrose
Borage

Fruits: as with vegetables, all fruits will render a degree of alkaline and here are just a few suggestions.

Lemon
Lime
Avocado
Tomato
Grapefruit
Orange
Watermelon
Rhubarb
Apples
Pears
Peaches
Strawberries
Blueberries
Pineapple
Kiwi
Raspberries
Mangoes
Papayas

Drinks: unsweetened, preferably unheated and fresh (*remember that enzymes are heat sensitive and will be damaged progressively as they are subject to increasing amounts of heat*)

Green Drinks
Raw Vegetable Juices
Raw Fruit Juices
Pure Water (Distilled, Reverse Osmosis, Spring, Purified)
Lemon Water (pure water plus raw lemon or lime juice)
Herbal Teas (no caffeine)
Vegetable Broth
Almond Milk

Seeds, Nuts and Grains

Almonds
Pumpkin
Sunflower
Sesame
Chestnuts
Flax
Buckwheat
Spelt
Quinoa
Lentils
Any Sprouted Seed
Chia Seeds

Acid Ash Foods: with the exception of 99.9% of all fruits and vegetables, all other foods produce some degree of acid Ash when digested and broken down in the human body. For more detailed information concerning the entire subject of acid and alkaline balance, please refer to the informational report, Acid Alkaline Balance and Its Effect on Health and Disease. This is available through Cherubino Health Center and online www.cherubhealth.com.

Meats and Seafood: all meats and seafood are acidic; here are some suggestions and reminders

Pork
Lamb
Beef
Chicken
Turkey
Lobster
Scallops
Salmon
Haddock

Dairy

Milk
Eggs
Cheese
Cream
Yogurt
Ice Cream

Drinks (acidic)

Coffee
Black Tea

Beers
Spirits
Sugared Drinks
Dairy Smoothies
Milk

Fats and Oils (acidic)

Saturated Fats
Hydrogenated Oils
Margarine
Butter

Nuts (acidic)

Peanuts
Cashew Nuts
Pistachio Nuts
Walnuts
Pecans
Pine Nuts
Filberts
Hazelnuts
Macadamia Nuts

Grains (acidic)

Wheat
Rice
Barley
Corn
Oat

Convenience Foods

Sweets
Chocolate
Microwave Meals
Canned Foods
Powdered Soups
Instant Meals
Fast Food

Others

Vinegar
Pasta
Bread
Biscuits
Crackers
Mayonnaise
Artificial Sweeteners

Reminders: the general division between Acid Ash foods and Alkaline Ash foods is a simple one. When determining a dietary balance between acid and alkaline foods, fruits and vegetables in their raw state will always provide a degree of the most usable alkalinity. All other foods, to some degree, will render acid ash residue.

Again, for more detailed information, please refer to the informational report, Acid Alkaline Balance and Its Effect on Health and Disease. This is available through Cherubino Health Center and online www.cherubhealth.com.