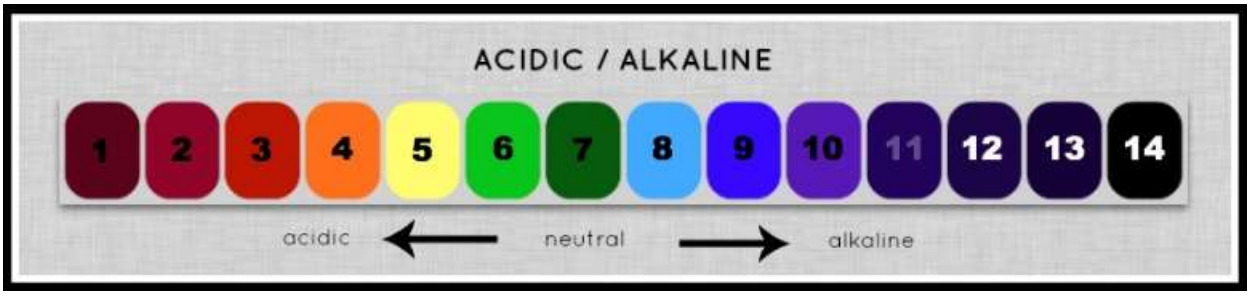
The benefits of eating foods that have an alkalization effect

The typical American diet contains considerably more acidifying foods than alkalinizing foods. This imbalance puts constant stress on our bodies chemical reaction processes body as they have to work extremely hard to bring our bloods pH level back into the optimal range.

pH is measurement scale of how acidic or alkaline substances are. For the purposes of this article we are interested in blood pH. To give you a more visual example, stomach acid has a pH that's close to 0 (the most acidic), and bleach is close to 14 (the most alkaline). Pure distilled water sits in the middle of the scale, coming in at a neutral 7.In order for our bodies to function properly, our blood pH level needs to be slightly more alkaline than pure distilled water; this optimal range is between 7.35 and 7.45. One amazingly simple thing that we can do to help our bodies is to eat foods that have an alkalization effect on our bodies while attempting to eliminate foods that are more acidifying.



One thing to remember is that we definitely don't want to completely eliminate the acidifying foods from our diet, because then we'd have a similar effect and cause our bodies an equal (if not greater) amount of unhealthy stress. What this means is that we need to shift the balance from the typically acidic to a more alkaline diet. A good rule of thumb is that 60-80% of our diet should be from alkalinizing foods, and 20-40% more acidifying foods.

Here's the kicker to all of this, a foods acid level before you eat it does not always determine the effect it will have on your body after you digest it. Knowing the foods that have an alkalization effect can help you eat healthier and feel better.

Below are several tables, the first two are food type by alkalization and acidification effect, and the remaining charts rate the degree of these effects, hopefully they will help you get started selecting foods that have the beneficial alkalinizing effect. There many resources like these available on the internet and not all of them agree 100%.

One thing you can count on though is that EnerGrēns is a great alkalinizer that is naturally rich in vegetables, herbs and botanicals.

Alkalization chart by food type

Vegetables	Fruits	Spices & seasoning
Alfalfa	All Berries	All Herbs
Asparagus	Apple	Chili Pepper
Barley Grass	Apricot	Cinnamon
Beet Greens	Avocado	Curry
Beets	Banana (high glycemic)	Ginger
Broccoli	Blackberries	Herbs (all)

Vegetables

Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Daikon
Dandelion Root
Dandelions
Dulse
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Kale
Kimchi
Kohlrabi
Kombu
Lettuce
Maitake
Mushrooms
Mustard Greens
Nightshades
Nori
Onions
Parsnips
Peas
Peppers
Pumpkin
Radishes
Reishi
Rutabaga
Sea Veggies
Shitake

Fruits

Blueberries
Cantaloupe
Cherries
Coconut, fresh
Currants
Dates
Figs
Grapefruit
Grapes
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

Protein

Almonds
Chestnuts
Cottage Cheese
Eggs (poached)
Flax Seeds
Millet
Nuts
Pumpkin Seeds
Sprouted Seeds

Spices & seasoning

Miso
Mustard
Sea Salt
Tamari

Other

Apple Cider Vinegar
Banchi Tea
Bee Pollen
Dandelion Tea
Fresh Fruit Juice
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Molasses
Organic Milk
Probiotic Cultures
Veggie Juices

Sweeteners

Stevia
Ki Sweet

Vegetables	Fruits	Spices & seasoning
Shitake	Squash Seeds	
Spinach, green	Sunflower Seeds	
Spirulina	Tempeh (fermented)	
Sprouts	Tofu (fermented)	
Squashes	Whey Protein Powder	
Sweet Potatoes	Yogurt	
Tomatoes		
Umeboshi		
Wakame		
Watercress		
Wheat Grass		
Wild Greens		

Acidifying chart by food type:

Grains	Animal protein	Fats & Oils
Amaranth	Beef	Avacado Oil
Barley	Carp	Butter
Bran, oat	Clams	Canola Oil
Bran, wheat	Cod	Corn Oil
Bread	Corned Beef	Flax Oil
Buckwheat	Fish	Hemp Seed Oil
Corn	Haddock	Lard
Cornstarch	Lamb	Olive Oil
Crackers, soda	Lobster	Safflower Oil
Flour, wheat	Mussels	Sesame Oil
Flour, white	Organ Meats	Sunflower Oil
Hemp Seed Flour	Oyster	
Kamut	Pike	**Sweeteners**
Macaroni	Pork	Carob
Noodles	Rabbit	Corn Syrup
Oatmeal	Salmon	Sugar
Oats (rolled)	Sardines	
Quinoa	Sausage	**Alcohol**
Rice (all)	Scallops	Beer
Rice Cakes	Shellfish	Spirits
Rye	Shrimp	Wine
Spaghetti	Tuna	
Spelt	Turkey	**Other**

Grains	Animal protein	Fats & Oils
Wheat	Veal	Cocoa
Wheat Cakes	Venison	Coffee
Wheat Germ		Distilled Vinegar
	Dairy	Ketchup
Beans & legumes	Butter	Mustard
Almond Milk	Cheese (cow)	Pepper
Black Beans	Cheese (goat, sheep)	Soft Drinks
Chick Peas	Cheese (processed)	
Green Peas	Ice Cream	**Drugs & chemicals**
Kidney Beans	Milk	Aspartame
Lima Beans		Aspirin
PintoBeans	**Vegetables**	Chemicals
RedBeans	Corn	Drugs, Medicinal
Rice Milk	Olives	Drugs, Psychedelic
Soy Beans	Potatoes	Herbicides
Soy Milk	Winter Squash	Pesticides
White Beans		Tobacco
	Fruits	
Nuts and butters	Canned or Glazed Fruits	
Brazil Nuts	Cranberries	
Butter	Currants	
Cashews	Plums	
Legumes	Prunes	
Peanut Butter		
Peanuts		
Pecans		
Tahini		
Walnuts		

Food chart by degree of Alkalization

Highly alkaline	Moderately alkaline	Low alkaline	Very low alkaline
baking soda	Apples	almonds	alfalfa sprouts
chlorella	Apricots	apple cider vinegar	avocado oil
dulse	Arugula	apples (sour)	banana
lemons	Asparagus	artichokes (jerusalem)	beet
lentils	banchi tea	avocado	blueberry
limes	beans (fresh green)	bell pepper	brussel sprouts

Highly alkaline	Moderately alkaline	Low alkaline	Very low alkaline
lotus root	Broccoli	blackberry	celery
mineral water	Cantaloupe	brown rice vinegar	chive
nectarine	Carob	cabbage	cilantro
onion	Carrots	cauliflower	coconut oil
persimmon	Cashews	cherry	cucumber
pineapple	Cayenne	cod liver oil	currant
pumpkin seed	Chestnuts	collard green	duck eggs
raspberry	Citrus	egg yolks	fermented veggies
sea salt	Dandelion	eggplant	flax oil
sea vegetables	dandelion tea	ginseng	ghee
seaweed	Dewberry	green tea	ginger tea
spirulina	edible flowers	herbs	grain coffee
sweet potato	Endive	honey (raw)	grapes
tangerine	Garlic	leeks	hemp seed oil
taro root	ginger (fresh)	mushrooms	japonica rice
umeboshi plums	ginseng tea	nutritional yeast	lettuces
vegetable juices	grapefruit	papaya	oats
watermelon	herbal tea	peach	okra
	herbs (leafy green)	pear	olive oil
	honeydew	pickles (homemade)	orange
	kale	potato	quinoa
	kambucha	primrose oil	raisin
	kelp	pumpkin	sprouted seeds
	kiwifruit	quail eggs	squashes
	kohlrabi	radishes	strawberry
	loganberry	rice syrup	sunflower seeds
	mango	rutabaga	tahini
	molasses	sake	tempeh
	mustard green	sesame seed	turnip greens
	olive	sprouts	umeboshi vinegar
	parsley	watercress	wild rice
	parsnip		
	passion fruit		
	peas		
	pepper		
	raspberries		
	soy sauce		
	spices		
	sweet corn (fresh)		

Highly alkaline	Moderately alkaline	Low alkaline	Very low alkaline
	turnip		

Food chart by degree Acidification

Very low acidic	Low acidic	Moderately acidic	Highly acidic
amaranth	adzuki beans	barley groats	artificial sweeteners
black-eyed peas	aged cheese	basmati rice	barley
brown rice	alcohol	bear	beef
butter	almond oil	casein	beer
canola oil	balsamic vinegar	chestnut oil	brazil nuts
chutney	black tea	chicken	breads
coconut	boar	coffee	brown sugar
cream	buckwheat	corn	cocoa
curry	chard	cottage cheese	cottonseed oil
dates	cow milk	cranberry	deer
dry fruit	elk	egg whites	flour (white)
fava beans	farina	fructose	fried foods
figs	game meat	garbanzo beans	fruit juices with sugar
fish	goat milk	green peas	hazelnuts
gelatin	goose	honey (pasteurized)	hops
goat cheese	kamut	ketchup	ice cream
grape seed oil	kidney beans	lard	jam
guava	lamb	maize	jelly
honey	lima beans	mussels	liquor
kasha	milk	mustard	lobster
koma coffee	mollusks	nutmeg	malt
maple syrup	mutton	oat bran	pasta (white)
millet	navy beans	olives (pickled)	pheasant
organs	pinto beans	other legumes	pickles (commercial)
pine nuts	plum	palm kernel oil	poultry
pumpkin seed oil	red beans	pasta (whole grain)	processed cheese
rhubarb	safflower oil	pastry	seafood
sheep cheese	seitan	peanuts	soft drinks
spinach	semolina	pecans	soybean
string beans	sesame oil	pistachio seeds	sugar
sunflower oil	shell fish	pomegranate	table salt
triticale	soy cheese	popcorn	tea (black)
venison	spelt	pork	walnuts
vinegar	tapioca	prunes	white bread
wax beans	teff	rye	white vinegar

Very low acidic	Low acidic	Moderately acidic	Highly acidic
wild duck	tofu	snow peas	whole wheat foods
zucchini	tomatoes	soy milk	wine
	turkey	squid	yeast
	vanilla	veal	yogurt (sweetened)
	wheat		
	white beans		
	white rice		