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article may contain affiliate links. This means, at no additional cost to you, we will receive a commission if you click through to purchase. This helps to cover our costs and keep this site going. Thanks! Our bodies work hard to keep us healthy... and we don't even have to pay attention. For example, our white blood cells are constantly on the move for infections, allergens, and other invaders that need to be fought. Our liver is continuously in detox mode to process and eliminate whatever contaminants we encounter in our everyday environment, body care products, and food. And our metabolism is on a constant quest to keep our blood's pH level slightly alkaline. In case it's been a while since your last chemistry class, pH is a measure of how acidic or alkaline something is. The scale runs from 0 (highly acidic) to 14 (highly alkaline). So for context: Lemon juice and vinegar are highly acidic with a pH of around 2 (acidic outside the body, anyway — more on that in a moment!) Bleach and ammonia are highly alkaline with a pH around 13 and 11, respectively (not that we would drink them, but just for context!) Water is neutral at 7. And our optimal blood pH sits between 7.35 and 7.45. Why is this important to know? I mean, we did just say that this (like other key tasks) happens automatically, right? Right! But these functions do take work, and the thing is, our diet can affect how easily (or not) our body performs these tasks. In this article, I'll reason behind this science lesson that the foods we eat can affect the acid-alkaline balance of our blood. That means the foods we eat can either help or hinder our body's efforts to keep our blood's pH at the optimal level... or they can hinder those efforts. But why does this matter? Well, as it turns out, it matters because the pH of our blood affects everything we do. It affects our energy levels, our mood, our stress levels, our immune system, and even our ability to fight off disease. So, let's dive in and see how we can optimize our blood's pH by making smarter food choices.

Don't worry, I'll unpack this pretty easily for you. Ready? Digestion begins with our saliva, the moment food enters our mouth. Once food makes its way through our digestive tract, the enzymes and acids in our stomach further break it down and the effect is not dissimilar to "burning" it. The punchline is that the food's pH can change once it's been "burned". So again, something that is acidic in nature (like lemons) can produce an alkalinizing effect on our blood upon digestion. This is how scientists determine a food's pH effect on the body: They incinerate the food, mix the ash with water, and then analyze the mineral content of the ash. If the mineral content is highly alkaline, then the food will likely have an alkalinizing effect on the body (even if it is acidic outside of the body), and vice versa. Pretty cool, right? Let's say we ate a meal that has an acid-forming effect on our blood — as is all too common in the typical Western diet. Our body will work to bring the pH back into balance by releasing alkaline-rich minerals such as calcium, phosphorus, and magnesium into our blood. If we haven't been eating a healthy, balanced diet, our bodies may need to pull these important minerals from our bones, teeth, and organs. Yikes. No matter what we eat, our body will continually strive to keep the alkalinity of our blood in check. It's just a matter of: are we making this easy or difficult for our body to do? A healthy, well-balanced diet** helps to supply our body with the minerals it needs while simultaneously preventing overly acidic blood pH, to begin with. By contrast, a predominantly acid-forming (western) diet forces our body to work harder to keep our pH balanced. As a result, we may have to sacrifice minerals from one area of our body to get another. This is where things get dangerous. Depleting our bones of calcium, for instance, can lead to osteoporosis. Depleting our muscles of potassium can lead to muscle weakness. Depleting our organs of essential nutrients can lead to organ failure. So, let's make sure we're giving our body what it needs to stay healthy and balanced.

Your body also, download this printable Alkaline-Acid Food Chart to stick on your fridge. Note that the type of soil used to grow fruits and vegetables can influence their mineral content, and test results can vary. As a result, different charts can report slightly different pH levels of the same foods. With that in mind, use these alkaline-acid food charts as a general guide, and don't worry if the chart you see here is slightly different from another you've found in a different corner of the internet. The small differences in degree ultimately won't make a huge difference. What will make the biggest difference is replacing processed foods with fresh foods and adding more fruits and vegetables to your diet. [accordions] [accordion title="Research"] load="hide" [/accordion] [Close Banner] This ad is displayed using third party content and we do not control its accessibility features. Functional Food Registered Dietitian Lauren Manaker is an award-winning registered dietitian, freelance writer, and three-time book author who has been in the field for over 20 years. She is a frequent contributor to many media outlets, a national speaker, and a content creator for @LaurenLovesNutrition, with a special focus on women's health. Expert review by Lauren Torris-Gorra, M.S., RDRegistered Dietitian Lauren Torris-Gorra, MS, RD is a registered dietitian, chef, and writer with a love of science and passion for helping people create life-long healthy habits. She has a bachelor's degree in Communication and Media Studies from Fordham University, a Grand Diplôme in Culinary Arts from the French Culinary Institute, and master's degree in Clinical Nutrition and Dietetics from New York University. If you've ever heard an influencer or celebrity say that they eat "alkaline foods," it probably made you scratch your head. Supporters of an alkaline diet claim it can enhance overall health, improve energy levels, and even prevent chronic diseases like cancer—but this sure sounds too good to be true. So, is the alkaline diet really worth following? Or is it yet another diet popularized by social media that is more bark than bite? Let's dig into everything you need to know about the alkaline diet, including the evidence for and against it, so you can make an informed choice about how you fill your plate. Supporters of the alkaline diet make some big claims: They claim that eating alkaline foods may improve bone health, weight management, and cancer risk reduction. There's not enough research to support the alkaline diet. Most of the benefits of this diet probably come down to the fact that most alkaline foods are whole, plant-based ingredients. But they don't change your blood pH in any meaningful way. That said, some people will want to limit acidic foods for other reasons: Acidic foods can sometimes exacerbate GERD symptoms or may negatively impact the kidneys in patients with kidney disease. Different foods have different levels of acidity. Foods that are highly acidic are called "acidic" foods, and those that are not acidic at all are called "alkaline." Some refer to alkaline foods as basic. The acidity or alkalinity of foods are measured by their pH, and it is measured on a scale of 0 to 14. Foods that are considered acidic, like vinegar, alcohol, and citrus foods, have a pH of less than 7. And on the flipside, alkaline foods have a pH higher than 7. Foods with a pH value of 7 are usually classified as neutral. This means they neither contribute to acidity nor alkalinity in the body. An example of such food is distilled water, which is considered the standard for the pH scale. Here is an example of an alkaline diet chart that shows how different foods fall on the pH scale. Note that the scale shows that some foods (like lemons) have an acidic pH but an "alkalizing effect" on the body. This idea that different foods can affect blood pH in this way has been debunked—and we'll get to why below. What is the alkaline diet? The alkaline diet, also known as the acid-alkaline diet or alkaline ash diet, revolves around the idea of optimizing the body's pH level. Proponents claim that by replacing acid-forming foods with alkaline foods, you can improve your health and prevent various diseases. The general guideline when following this diet is to consume approximately 70-80% alkaline-forming foods and 20-30% acid-forming foods to maintain a balanced pH level within the body. "Alkaline foods," which are not acidic, include a variety of fruits, veggies, and other nutrient-dense options. Here are 10 alkaline foods heavily featured in the alkaline diet—note that most of them also bring nutritional benefits to the table: Spinach: This leafy green is packed with nutrients. Kale: Like most leafy greens, kale is filled with beneficial vitamins and minerals. Cucumbers: Known for their high-water content, cucumbers are hydrating. Avocados: Avocados are a good source of healthy fats. Broccoli: This green vegetable contains beneficial nutrients like fiber, vitamin C, and potassium. Celery: Celery is another hydrating food that's packed with vitamins. Almonds: Almonds are a great source of healthy fats and plant-based protein. Bananas: Bananas are known for being high in all-important potassium. Quinoa: Quinoa is a high-protein grain. Sweet Potatoes: Sweet potatoes are packed with vitamin A, vitamin C, and dietary fiber. Acidic foods can also provide important nutrients and flavor to a balanced diet. Here are some popular acidic foods: Proteins: Meat, Poultry, Fish, Eggs, Dairy Grains: Wheat, Rice, Oats, Corn, Rye Fruits: Blueberries, Cranberries, Citrus Beverages: Coffee, Alcohol, Carbonated drinks, Fruit Juices: Butter, Canola oil, Sunflower oil Nuts & Legumes: Walnuts, Brazil nuts, Peanuts, Pecans, Cashews, Lentils Other: Sugar, Chocolate, Vinegar, Ketchup, Mayonnaise Debunking the alkaline diet Although the alkaline diet has gained some traction over the years, the medical community is not a fan of it. This is because there isn't enough evidence that suggests eating this way actually offers any benefits. "For healthy people, your body will keep your blood pH in tight balance, even if you don't follow an alkaline diet," explains nutritionist Jen Scheinman, M.S., RDN. "Your lungs and kidneys work 24/7 to ensure that your blood pH is tightly regulated, no matter what foods you eat," she added. When looking at the kidney's role in the pH-balance story, this organ helps manage the body's pH balance by regulating sodium bicarbonate, a compound which is alkaline in nature and helps neutralize acid. When the body becomes too acidic, the kidneys are able to impact the level of sodium bicarbonate in the body to prevent the it from entering a severely acidic state. In addition to the kidneys, the lungs also play a pivotal role in maintaining the body's pH balance. This is achieved through the process of respiration—inhaling oxygen and exhaling carbon dioxide, which is an acid. When the body's pH balance veers towards acidity, the rate of respiration increases, leading to a higher expulsion of carbon dioxide and, consequently, lowering the acidity in the body. Some parts of the body are also naturally more acidic than others—and that's a good thing. Your stomach, for example, provides a highly acidic environment to break down foods, while your skin is mildly acidic to keep surrounding bacteria out. At the end of the day, there's not enough science to suggest that limiting acidic foods will be healthy for most people. "Numerous studies show the benefits of a plant-forward diet that includes lots of vegetables, fruit, nuts, and legumes. But there are also numerous studies showing that 'neutral' and 'acidic' foods like whole grains, eggs, and lean meats can be part of a healthy diet," says Scheinman. There isn't research to support the benefits of an alkaline diet. The lungs and kidneys play an important role in controlling the body's pH, no matter what you eat. Other perspectives on the alkaline diet There's no good research to support this diet, why are some people so in favor of it? Well, it is true that being in an acidic state can be dangerous. Having increased acidity in the blood (acidosis) can lead to the leaching of calcium from our bones, as the body uses this mineral to neutralize the excess acidity, thereby increasing the risk of osteoporosis. An acidic environment in the body can impair the immune system's functionality and have a negative impact on muscle health. But as long as your kidneys and lungs are functioning properly, your body should not enter the extreme state of acidosis, regardless of what you are eating. Some of the benefits people experience when they follow the alkaline diet may be more due to the fact that this diet encourages the consumption of nutrient-dense foods. "Most Americans aren't meeting healthy eating goals, which increases the risk of chronic diseases," Maggie Moon, MS, RDN, brain health nutrition expert for MIND Diet Meals, explains. Because of this, "most people would benefit from eating more healthy foods like fruits, vegetables, nuts and beans that are considered alkaline." The idea behind the alkaline diet is fundamentally flawed: Our bodies do a good job of keeping our blood pH in check on their own, and the foods we eat don't make much of a difference. Not to mention, counting the pH of your foods is an unnecessary headache for most people. It may increase your stress levels at best and contribute to disordered eating at worst. Instead of worrying about whether the foods you're eating have an acidic or alkaline effect on the body, just do your best to consume a diet rich in fruits and vegetables. Eating a whole-food, plant-heavy diet can have a positive impact on your blood sugar, immunity, brain health, and more.—Emma Lowe, mindbodygreen's Health & Sustainability Director This doesn't apply to you if: Despite the lack of scientific consensus supporting the alkaline diet, some people may still benefit from limiting highly acidic foods. Foods and beverages such as citrus fruits, spicy food, coffee, alcohol, and tomato-based products are also known to increase the acidity in the stomach, which could trigger GERD symptoms like heartburn and regurgitation. Similarly, people with stomach ulcers or erosive gastritis may find that acidic foods aggravate their condition, causing symptoms such as stomach pain, bloating, nausea, or vomiting. In these instances, a diet that limits these foods and focuses more on alkaline or neutral foods like green vegetables, bananas, and lean proteins may help mitigate symptoms. However, this is not a one-size-fits-all approach to diet. Individuals should always consult with a healthcare professional to come up with an eating plan that suits their unique needs. Frequently Asked Questions Any food that is considered to be alkaline has a pH over 7. The alkaline diet can be a healthy diet, but not because it changes your blood pH. "It all comes down to limiting processed foods and focusing instead on eating more whole foods," says Scheinman. The alkaline diet is rich in nutrient-dense foods that can support many aspects of our health. And being in an acidic state can pose health risks, like an increased risk of osteoporosis. But for many healthy people, the foods we eat do not impact the pH of our body long-term, as your lungs and kidneys can help neutralize an acidic state naturally. Many acidic foods are nutrient-dense too, and eliminating or severely limiting them will not support overall health. This ad is displayed using third party content and we do not control its accessibility features. Close Banner This ad is displayed using third party content and we do not control its accessibility features. Functional Food Registered Dietitian Lauren Manaker is an award-winning registered dietitian, freelance writer, and three-time book author who has been in the field for over 20 years. She is a frequent contributor to many media outlets, a national speaker, and a content creator for @LaurenLovesNutrition, with a special focus on women's health. Expert review by Lauren Torris-Gorra, M.S., RDRegistered Dietitian Lauren Torris-Gorra, MS, RD is a registered dietitian, chef, and writer with a love of science and passion for helping people create life-long healthy habits. She has a bachelor's degree in Communication and Media Studies from Fordham University, a Grand Diplôme in Culinary Arts from the French Culinary Institute, and master's degree in Clinical Nutrition and Dietetics from New York University. If you've ever heard an influencer or celebrity say that they eat "alkaline foods," it probably made you scratch your head. Supporters of an alkaline diet claim it can enhance overall health, improve energy levels, and even prevent chronic diseases like cancer—but this sure sounds too good to be true. So, is the alkaline diet really worth following? Or is it yet another diet popularized by social media that is more bark than bite? Let's dig into everything you need to know about the alkaline diet, including the evidence for and against it, so you can make an informed choice about how you fill your plate. Supporters of the alkaline diet make some big claims: They claim that eating alkaline foods may improve bone health, weight management, and cancer risk reduction. There's not enough research to support the alkaline diet. Most of the benefits of this diet probably come down to the fact that most alkaline foods are whole, plant-based ingredients. But they don't change your blood pH in any meaningful way. That said, some people will want to limit acidic foods for other reasons: Acidic foods can sometimes exacerbate GERD symptoms or may negatively impact the kidneys in patients with kidney disease. Different foods have different levels of acidity. Foods that are highly acidic are called "acidic" foods, and those that are not acidic at all are called "alkaline." Some refer to alkaline foods as basic. The acidity or alkalinity of foods are measured by their pH, and it is measured on a scale of 0 to 14. Foods that are considered acidic, like vinegar, alcohol, and citrus foods, have a pH of less than 7. And on the flipside, alkaline foods have a pH higher than 7. Foods with a pH value of 7 are usually classified as neutral. This means they neither contribute to acidity nor alkalinity in the body. An example of such food is distilled water, which is considered the standard for the pH scale. Here is an example of an alkaline diet chart that shows how different foods fall on the pH scale. Note that the scale shows that some foods (like lemons) have an acidic pH but an "alkalizing effect" on the body. This idea that different foods can affect blood pH in this way has been debunked—and we'll get to why below. What is the alkaline diet? The alkaline diet, also known as the

lettuce wraps (alkaline). Related | Panini Press Reviews Sugary beverages, coffee and alcohol are highly acidifying. For colds with water and add a slice of lemon or lime. You can also make water alkaline by amending 1 gallon of distilled water with 1/2 a teaspoon of baking soda. Shake until the baking soda dissolves and chill. Vegetable juices such as carrot and wheat grass are alkaline, most sweeter fruit juices such as apple and orange are acidic. Decaffeinated coffee is less acidifying than regular coffee, and green tea is more alkaline than either. Adding alkaline food can be gradual, an apple a day works! Cut out meat one day a week. Keep lemon water available. As your taste buds adjust, your energy may rise so you can make another adjustment on the road to wellness. 5 Steps to Boost Your Health & Body with Our Alkaline Foods Chart 1) When you are preparing the foods for a meal, look at a particular category of the foods and select more foods in the alkaline category. 2) This alkaline food chart is only accurate for certain state of the foods. For example, cooked lettuce has a different pH value compared to a boiled lettuce. 3) The food chart is based on a number of acid alkaline food chart, nutritionists, and doctors. If you find a conflict with other alkaline food charts, sign up for our newsletters you'll discover the alkaline principles behind these differences. 4) This alkaline food chart is based on the "residue" or "ash" of the foods after it has been digested in the stomach. That is why you will find lemon is categorized under alkaline and not acidic. 5) Bookmark this page and come back to this page whenever you need. Share this page with your friends in Facebook or where you go if you think your friends would love this chart too. If you like a printable version, scroll down to the bottom of the page and there's a link for you to download the printable version of the chart. Acidic Fruits & Alkaline Fruits Mildly Acidic Alkaline Alkaline Alkaline Highly Alkaline Blueberry Acai Berry Apple Apricot Avocado Sweet Cherry Banana Black Currant Blackberries Figs Canned Tomatoes Cantaloupe Tart Cherry Coconut Goji Berries Cranberry Dates Dragon Fruit Kiwi Dried Figs Yellow Plum Gooseberry Lemons Grapefruit Grapes Italian Plum Limes Mandarin Orange Mango Nectarine Orange Papaya Peach Pear Pineapple Pomegranate Raspberry Red Currant Rose Hips Strawberry Tangerine Tomato Tangerine Watermelon Grains Acidic Mildly Acidic Alkaline Highly Alkaline Bulgur Rice Barley Basmati Rice Amaranth Corn Brown Rice Kamut Barley Grass Pasta Oat Spelt Buckwheat Wheat Quinoa White Rice Wild Rice Legumes Acidic Mildly Acidic Mildly Alkaline Mildly Alkaline Alkaline Alkaline Highly Alkaline Black Bean Chickpeas Lentils Lima Beans Green Beans Kidney Beans Mung Beans Navy Beans Soy Lecithin Pinto Beans Red Beans Sprouted Beans Soy Beans White Bean Vegetables Acidic Mildly Alkaline Alkaline Alkaline Highly Alkaline Canned Vegetables Basil Artichokes Bok Choy Alfalfa Cooked Vegetables (All) Bell Peppers Brussels Sprouts Cabbage Broccoli Frozen Vegetables Cauliflower Cayenne Pepper Celery Cucumber Pickled Vegetables Chives Ciantro Comfrey Dandelion Sauerkraut Lamb's Lettuce Endive (Fresh) Garlic Dog Grass Onion Lettuce Mustard Greens Kale Parsnips Oregano Peppers Kamut Grass Peas (Fresh) Pumpkins Red Cabbage Shave Grass Rhubarb Stalks Savoy Cabbage Sorrel Soy Sprouts Squash Spinach Tomatoes (Raw) Sprouted Seeds (All) Thyme Wheat Grass Watercress Zucchini Roots Mildly Alkaline Mildly Alkaline Mildly Alkaline Alkaline Highly Alkaline Carrot Kohlrabi Potato Ginseng Ginger Rutabaga Sweet Potatoes Turnip Beetroot Jicama White Radish Yams Red Radish Black Radish Nuts & Seeds Acidic Mildly Acidic Mildly Alkaline Mildly Alkaline Peanut Butter Brazil Nuts Almonds Almond Butter (Raw) Pine Nuts (Raw) Peanuts Cashews Caraway Seeds Cumin Seeds Fennel Seeds Pistachios Hazelnut Sesame Seeds Flax Seeds Pumpkin Seeds Pecans Macadamia Nuts Sunflower Seeds Chestnuts Nutmeg Wheat Kernel Walnuts Sweets & Sweeteners Highly Acidic Acidic Mildly Acidic Mildly Acidic Alkaline Artificial Sweeteners Brown Rice Syrup Agave Nectar Barley Malt Syrup Blackstrap Molasses Beet Sugar Chocolates Honey Maple Syrup Stevia Corn Syrup Sugar cane Sugar (White) Saccharine Bread Acidic Acidic Mildly Acidic Mildly Acidic Mildly Acidic Corn Tortillas Pancake Rye Bread Sprouted Bread Wheat Bread Sourdough Bread White Bread White Biscuits Whole-meal Bread Spelt Bread Fats & Oil Mildly Acidic Mildly Acidic Mildly Alkaline Mildly Alkaline Canola Oil Corn Oil Avocado Oil Borage Oil Coconut Oil Cod Liver Oil Margarine Evening Primrose Oil Flax Seed Oil Marine Lipids Sunflower Oil Olive Oil Sesame Oil Udo's Oil Dairy Acidic Acidic Acidic Acidic Mildly Acidic Cheese (All) Butter Cream Egg Whites Buttermilk Eggs (Whole) Ice Cream Milk (Pasteurized) Sour cream Raw Milk Yogurt (All) Meat, Poultry & Fish Highly Acidic Highly Acidic Acidic Acidic Bacon Beef Carp Chicken Clams> Buffalo Canned Sardines Cod Duck Fresh Water Fish Canned Tuna Lamb> Liver Lobster Mussels Organ Meat Pork Ocean Fish Oyster Pike Sausage Turkey Rabbit Scallops Salmon Venison Veal Tuna Shellfish Shrimp Beverages & Drinks Acidic Acidic Acidic Alkaline Beer Coffee Fruit Juice (Sweetened) Water (Sparkling) Fruit Juice (Natural) Liquor Soda / Pop Black Tea Wine Tea (Herbal, Green) Water (Fiji, Evian) Miscellaneous Highly Acidic Acidic Mildly Acidic Mildly Alkaline Alkaline Candy Canned Foods Hummus Apple Cider Vinegar Baking Soda Chips Cereals (Like Kelloggs) Mushrooms Bee Pollen Goat Milk Cigarettes Microwaved Foods Rice Milk Royal Jelly Almond Milk Drugs Miso Soy Milk Tempeh Pizza Popcorn Soy Protein Powder Tofu Ketchup Whey Protein Powder Mustard Soy Sauce Feel free to share this acid alkaline list with your friends and family and help to protect their health. Take a look at how your blood will look like when your body is alkaline - Acidic vs Alkaline Blood! To download printable version, right click the link below and click "Save As" to download the chart. Download printable Alkaline Food Chart here The words "acidic" and "alkaline" sound like they belong in a chemistry lab - not on your plate. But these terms make up the core of the alkaline diet, which puts the focus on maintaining a healthy pH level to promote overall health. Why does having a healthy pH level matter? Following an alkaline diet is one of the best things that you can do for your health. From cancer prevention to boosting energy levels, an alkaline diet is full of benefits. Before we get into the "how" of the alkaline diet and look at some alkaline vs acidic foods, let's start with the basics - (nerdy) pun intended. What is the Alkaline Diet? Our bodies strive to maintain a very specific pH level, which is a measure of the acidity of our blood by looking at the concentration of hydrogen ions. Levels can range from 0 (very acidic) up to 14 (highly alkaline). The optimal pH for our body hovers right in the middle around 7.35 to 7.45, which is considered neutral. Our kidneys work hard to sustain this balance - or homeostasis - and regulate our pH level by excreting extra hydrogen ions into the urine and reabsorbing bicarbonate from urine. If the kidneys fail to do this, falling out of that tight 7.35 to 7.45 range can have serious effects on health. Acidosis, which occurs when the blood has an increased level of acid, can wreak havoc on the body and can even be fatal in severe cases. Symptoms include rapid breathing, fatigue, confusion, jaundice, a decreased appetite, and an increase in heart rate. Not only that, but cancer cells and disease thrive in acidic, low-oxygen environments. Throw them into an alkaline environment rich in oxygen and they'll never be able to survive. This was proven in the early 1900s by Otto Warburg, a scientist who won a Nobel Prize for his research in the field (1). This is why it's critical to create a healthy alkaline environment that promotes good health while warding off chronic disease and inflammation. But how does one achieve an alkaline environment in the body? The best way is through the diet. Just as our diet has a profound impact on virtually every other aspect of our health, it also can affect our body's pH level. A Little Nutrition History In the 1870s, scientist Marcellin Berthelot used a machine called a Bomb Calorimeter to analyze how much heat was produced during chemical reactions. He used this machine to incinerate different foods, which produced an ash-like substance. By mixing the ash with water, Berthelot was able to test different foods and determine their pH levels (2). He found that most plant-based items, including many fruits and vegetables, had a higher pH and were more alkaline while meats and other processed foods typically had a lower pH and were more acidic. It was these findings that really set the groundwork for the alkaline diet. The alkaline diet encourages the intake of more alkaline-forming foods, such as plant-based proteins, fruits, and vegetables. It also limits foods that are acid forming in the body, which means less meat, grains, and processed foods. This promotes a healthy pH level. Benefits of an Alkaline Diet The benefits of the alkaline diet go far beyond a healthy pH level. In fact, keeping your acid-base level in check can affect practically every aspect of your health. Here are a few of the big bonuses you'll see when following an alkaline diet: 1. It alleviates chronic inflammation and pain. Acidosis has been associated with back pain, joint pain, chronic inflammation, and even headaches. Studies have shown that restoring acid-base balance can ease negative symptoms while relieving pain and inflammation (3). 2. It reduces blood pressure and improves cardiovascular health. Research has found that a diet high in acid is associated with an increased risk of hypertension. Following an alkaline diet can reduce inflammation while dropping blood pressure and keeping your heart healthy (4). 3. It can prevent the development of cancer. Cancer cells love acidic environments and actually depend on them to survive. Following an alkaline diet can help shift your pH to prevent cancer development. Plus, the alkaline diet is rich in fruits and veggies, meaning you'll be getting tons of cancer-fighting antioxidants through your food as well. 4. It promotes strong bones. Reducing your dietary acid load by following an alkaline diet can actually help you have stronger bones. In fact, studies have shown that a low acid load is associated with an increase in bone mineral density and a lower risk of fractures (5). 5. It increases vitamin absorption. You'll get plenty of alkaline minerals, like magnesium, calcium, and potassium, in the alkaline diet. These vitamins are crucial for many different functions throughout the body, from the formation of bones to supporting immune function. Plus, getting enough magnesium can help with the absorption of other vitamins, like vitamin D, making it easier to meet your needs (6). Alkaline vs Acidic Foods Guessing which foods are alkaline and which are acidic seems like it should be simple enough, right? Lemons, for example, must be acidic because they're one of the most tart and sour foods around. Unfortunately, it's not quite that simple. Even though lemons may have an acidic taste, once they're digested in the body, they have an alkalizing effect and raise the pH of the blood. This is where an alkaline food chart can really come in handy. Paired with an acidic foods chart, you have an awesome visual for which foods you should limit and which foods are brimming with alkalizing health benefits. "Alkaline forming foods" are further broken down into low, medium, and high alkaline foods. These foods are the best choices if you're looking to really take advantage of the benefits of an alkaline diet. Meanwhile, foods labeled as "acid forming" should be incorporated into your diet in moderation. Similarly, these foods are grouped into their degree of acidity, from low acid to high acid. While they are categorized as acidic, this doesn't mean you need to cut them out completely. Enjoy these foods in moderation, and take other factors, like overall healthfulness and nutrition, into consideration when determining if they should be part of your diet. Top Alkaline Foods As illustrated on the alkaline acid food chart, there are a few groups of foods that are always generally considered alkaline, low acid foods. These are all excellent options to include in your diet to maximize the health benefits: Fresh fruits and vegetables Plant-based proteins Most nuts and seeds Anti-inflammatory herbs and spices Olive oil Top Acid-Forming Foods On the other hand, these foods should be included only in limited quantities in your diet. These are foods that will increase acid load in the diet and are usually not great choices to have in excess in a healthy diet anyways. Dairy Processed meats Refined grains Processed foods and junk foods Caffeine and alcohol Other Acid-Forming Habits It's true that a healthy diet is critical for creating an alkaline environment. But there are other habits that can also increase acidity in the body and cause plenty of harmful side effects. Try to limit these to improve both your alkalinity and your overall health. Alkaline Diet for All If you take a look at the alkaline acid food chart, you'll notice that the most alkaline foods are the ones that we should all be eating more of anyway. Fruits and vegetables top the list while meat, dairy, and processed foods end up being pretty acidic. However, taking advantage of the benefits of the alkaline diet doesn't mean you have to prescribe to a totally raw, vegan diet. They key is moderation. Personally, I eat meat on a fairly regular basis and yet I still follow an alkaline diet; my diet is full of the good stuff with some of the acidic foods included in moderation. The 80-20 Guideline Going for a ratio of about 80 percent alkaline foods with 20 percent acidic foods is a good rule of thumb to follow. And you'll notice a few healthy foods on the acid-forming list. Don't totally nix them from your diet just yet. Maintaining a healthy acid-base balance is about just that: balance. Apples, for example, may be considered slightly acidic, but they have plenty of vitamins and minerals that make them a worthy addition to any diet. In the end, as long as you're getting in plenty of servings of fruits and veggies, chances are you're doing pretty well to help your body maintain its healthy pH level - and helping with your body's overall health in the process. Feel Great with the 1-Day Detox Want to jumpstart your alkaline diet? Try my delicious 1-Day Detox, which is a healthy "cleanse" that will leave you feeling energized and lighter by tomorrow. You'll enjoy healthy, delicious meals while cutting the food clutter your body doesn't need, eliminating cravings and that bloated feeling. You can download the detox right now - for FREE! - clicking the banner below. Share