

## ACID FOODS

**Acid Fruits:** citrus fruits (oranges, Grapefruit.., except lemon-alkaline), tomatoes (cooked +++), passion fruits, pineapple, kiwi, red berries, strawberries, dried abricots (non-organic), and all non ripe fruits

**Prefer:** bananas, dates, figs, chestnut, apples (not acid), pears, almonds, prunes, raisins

**Acid Vegetables:** sorrel, cress, spinach, asparagus

**Prefer:** pumpkin, yam (sweet potatoes), potatoes, corn, cabbage, carrots, and beetroot

**Acid dairy:** milk (unless organic, non-pasteurized and non homogenized), fromage blanc, sour cream, kefir, yoghurt, cow cheese (parmesan +++)

**Prefer:** goat or sheep cheese

**Acid carbohydrates:** white flowers, all refined flowers and grains (white rice, etc.)

**Prefer:** wholegrain flowers, wholegrain grains (wholegrain rice, millet, quinoa, buckwheat)

**Acid condiments:** pickles, ketchup, tomato sauce, vinegar

**Prefer:** mustard, aromatic herbs, lemon, ume-su vinegar

**Acid proteins:** red meat, dried meat, salami, pork, game, shellfish (crustaceans)

**Prefer:** chicken, turkey, veal, fish, rabbit, pulses

**Acid sugars:** all sugars, honey, corn syrup, chocolate (attention synthetic sweeteners- very unhealthy!!)

**Prefer:** agave syrup, maple syrup, rice malt, barley malts, (use natural sweeteners stevia, xylitol), natural organic honey.

**Acid drinks:** coffee, tea (with caffeine), coke, syrups, alcohol (ok glass of red wine occasionally)

**Prefer:** cereal coffee, chicory, infusions, rooibos tea, kukicha green tea

**Acid fats:** refined oils, all fried foods, croissants and pastry

**Prefer:** cold pressed oils – olive oil (can use for frying but low heat), canola oil, sunflower, linseed oil, etc.. (do not fry or cook with these oils); coconut and palm oil for cooking and low heat frying