

# Precautions for an Alkaline Lifestyle

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## 80/20 Rule

Certain foods on the highly acidic list might surprise you, such as eggs and walnuts. These might be acidic in your body, but don't let that scare you away from eating them. They contain a host of other health benefits, like antioxidants and omega-3 fatty acids, which still makes them valuable.

The bottom line is that a healthy balance is what we're shooting for. As far as your pH is concerned, it's possible to become too alkaline, and having some acidic foods is both expected and healthy. The general rule of thumb is to use the ***80/20 rule. Consume 80 percent alkaline foods and 20 percent acidic foods in your daily lifestyle.***

Our problem is more a matter of not taking in enough alkaline-promoting foods rather than taking in too many acids from healthy, whole foods. Eat a variety of real, whole foods (especially vegetables and fruit) and limit the consumption of packaged items, and you'll be on your way.

# List of Alkalizing and Acidic Foods

The foods listed in the alkaline category will not overload your body with mucus. As researched and proven by the late Dr. Otto Warburg and Dr. Sebi, too much mucus and acid in your body will cause disease in the body.

## Highly Alkaline:

- Baking soda
- Chlorella
- Dulse
- Lemons
- Lentils
- Limes
- Lotus root
- Mineral water
- Nectarines
- Onions
- Persimmons
- Pineapples

- Pumpkin seeds
- Raspberries
- Sea salt
- Sea vegetables
- Seaweed
- Spirulina
- Sweet potatoes
- Tangerines
- Taro root
- Umeboshi plums
- Vegetable juices
- Watermelons

## **Moderately Alkaline:**

- Apricots
- Apples
- Arugula
- Asparagus
- Bianchi tea

- Beans (fresh green)
- Broccoli
- Cantaloupes
- Carob
- Carrots
- Cashews
- Cayenne
- Chestnuts
- Citrus
- Dandelions
- Dandelion tea
- Dewberries
- Edible flowers
- Endive
- Garlic
- Ginger (fresh)
- Ginseng tea
- Grapefruit
- Herbal tea

- Herbs (leafy green)
- Honeydews
- Kale
- Kombucha
- Kelp
- Kiwifruit
- Kohlrabi
- Loganberries
- Mango
- Molasses
- Mustard greens
- Olives
- Parsley
- Parsnip
- Passion fruit
- Peas
- Peppers
- Raspberries
- Soy sauce

- Spices
- Turnips
- Sweet corn (fresh)

## **Low Alkaline:**

- Apple cider vinegar
- Almonds
- Apples (sour)
- Artichokes (Jerusalem)
- Avocados
- Bell peppers
- Blackberries
- Brown rice vinegar
- Cabbage
- Cauliflower
- Cherries
- Cod liver oil
- Collard greens
- Egg yolks

- Eggplant
- Ginseng
- Green tea
- Herbs
- Honey (raw)
- Leeks
- Mushrooms
- Nutritional yeast
- Papayas
- Peaches
- Pears
- Pickles (homemade)
- Potatoes
- Primrose oil
- Pumpkins
- Quail eggs
- Radishes
- Rice syrup
- Rutabagas

- Sake
- Sesame seeds
- Watercress
- Sprouts

### **Very Low Alkaline:**

- Avocado oil
- Alfalfa sprouts
- Bananas
- Beets
- Blueberries
- Brussels sprouts
- Celery
- Chives
- Cilantro
- Coconut oil
- Cucumbers
- Currants
- Duck eggs



- Fermented veggies
- Flax oil
- Ghee
- Ginger tea
- Grain coffee
- Grapes
- Hemp seed oil
- Japonica rice
- Lettuce
- Oats
- Okra
- Olive oil
- Oranges
- Quinoa
- Raisins
- Sprouted seeds
- Squash
- Strawberries
- Sunflower seeds

- Tahini
- Tempeh
- Turnip greens
- Wild rice
- Umeboshi vinegar

## **Acidic foods that cause mucus in your body:**

### **Very Low Acidic:**

- Amaranth
- Black-eyed peas
- Brown rice
- Butter
- Canola oil
- Chutney
- Coconut
- Cream
- Curry

- Dates
- Dry fruit
- Fava beans
- Figs
- Fish
- Gelatin
- Goat cheese
- Grape seed oil
- Guavas
- Honey
- Kasha
- Koma coffee
- Maple syrup
- Millet
- Organs
- Pine nuts
- Pumpkin seed oil
- Rhubarb
- Sheep cheese

- Spinach
- String beans
- Sunflower oil
- Triticale
- Venison (deer)
- Vinegar
- Wax beans
- Wild duck
- Zucchini

### **Low Acidic:**

- Adzuki beans
- Aged cheese
- Alcohol
- Almond oil
- Balsamic vinegar
- Black tea
- Boar

- Buckwheat
- Chard
- Cow milk
- Elk
- Farina
- Game meat
- Goat milk
- Goose
- Kamut
- Kidney beans
- Lamb
- Lima beans
- Milk
- Mollusks
- Mutton
- Navy beans
- Pinto beans
- Plums
- Red beans

- Safflower oil
- Seitan
- Semolina
- Sesame oil
- Shellfish
- Soy cheese
- Spelt
- Tapioca
- Teff
- Tofu
- Tomatoes
- Turkey
- Vanilla
- Wheat
- White beans
- White rice

**Moderately Acidic:**

- Barley groats
- Basmati rice
- Bear
- Casein
- Chestnut oil
- Chicken
- Coffee
- Corn
- Cottage cheese
- Cranberry
- Egg whites
- Fructose
- Garbanzo beans
- Green peas
- Honey (pasteurized)
- Ketchup
- Lard
- Maize
- Mussels

- Mustard
- Nutmeg
- Oat bran
- Olives (pickled)
- Other legumes
- Palm kernel oil
- Pasta (whole grain)
- Pastries
- Peanuts
- Pecans
- Pistachio seeds
- Pomegranates
- Popcorn
- Pork
- Prunes
- Rye
- Snow peas
- Soy milk
- Squid



- Veal

## **Highly Acidic:**

- Artificial sweeteners
- Barley
- Beef
- Beer
- Brazil nuts
- Bread
- Brown sugar
- Cocoa
- Cottonseed oil
- Flour (white)
- Fried foods
- Fruit juices with sugar
- Hazelnuts
- Hops
- Ice cream
- Jams/jellies

- Liquor
- Lobster
- Malt
- Pasta (white)
- Pheasant
- Pickles (commercial)
- Processed cheese
- Seafood
- Soft drinks
- Soybeans
- Sugar
- Table salt
- Walnuts
- White bread
- White vinegar
- Whole wheat foods
- Wine
- Yogurt (sweetened)
- Yeast