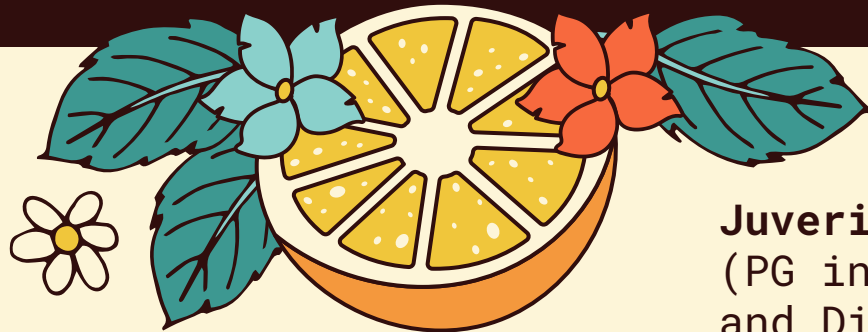


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ALKALINE DIET



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OBJECTIVE



To educate people about the correct food choices. The alkaline diet is based on the concept that eating alkaline foods in place of acid-forming foods can improve your health. The science behind the alkaline diet is examined in this article.



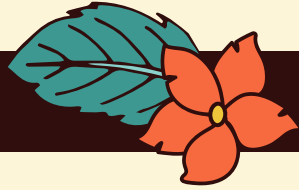
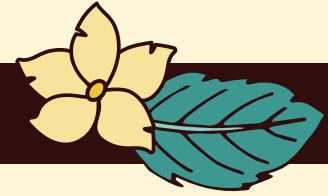


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PH LEVELS OF THE BODY

- The basic difference between acidic and alkaline foods is based on the pH value of the food product.
- The pH value ranges from 0 to 14.

→ **Acidic: 0.0 - 6.9**

→ **Neutral: 7.0**

→ **Alkaline: 7.1 - 14.0**

- If the $\text{pH} < 7$, it represents the acidic nature whereas, if the $\text{pH} > 7$, it stands for the basic nature of the food product. Simply put, alkaline food items can work effectively in improving your health by replacing acid-forming foods.
- In other words, the alkalinity and acidity levels of the blood depend entirely on your food choices! Since alkaline ash is the protective one, check below for the most alkaline foods list.



WHAT IS AN ALKALINE DIET?

- An Alkaline diet is also famously known as an alkaline-ash diet. This diet aims to nourish the body with nutrients. Vegetables, fruits, nuts, and seeds like almonds, walnuts, chickpeas, etc., are alkaline in nature and consist of vitamins, minerals, antioxidants, phytonutrients, and fiber [\[1\]](#)
- Whereas empty calorie foods like sugary drinks, cola, fried foods, etc., tend to form acid, which can lead to digestive issues. With this brief, you will now understand where we are headed! If you look deep into nature, you will understand things better. The food items that are beneficial for you are all alkaline in nature.
- If you ask me why? The answer will be their natural composition. As explained earlier, the body breaks down the food through a chemical reaction and obtains the waste product as acidic or basic “ash”; similarly, the body also maintains alkaline buffers (a special solution that hinders massive pH changes)
- Many diseases can be prevented if one shifts to alkaline food items. Due to the evident increase in the growth hormone with an alkaline diet, this diet naturally reduces the risk of heart diseases and bone deformations.



ALKALINE FOODS LIST: VEGETABLES

→ VEGETABLES:

HIGHLY ALKALINE	PH OF THE FOOD
Spinach	5.1 - 5.7
Cucumber	5.12 - 5.78
Sprouts	6.0 - 6.30
Broccoli	6.30 - 6.85
Kale	6.0 - 7.5
Green drinks	7.0



ALKALINE FOODS LIST: VEGETABLES

→ VEGETABLES:

MOSTLY ALKALINE	PH OF THE FOOD
Peppers	4.8 - 5.2
Avocado	5.0 - 7
Tomato	5.0 - 7.0
Okra	6.0 - 6.8
Lettuce	6.0 - 7.0
Flaxseeds	6.0 - 7.0



ALKALINE FOODS LIST: VEGETABLES

→ VEGETABLES:

LOW ALKALINE	PH OF THE FOOD
Carrot	5.8 - 6.4
Peas	5.8 - 6.4
Buckwheat, Spelt, Lentils	6.0 - 7.0
Asparagus	6.5 - 7.0
Tofu, Almonds	7.0
Coconut oil	7 - 8



ALKALINE FOODS LIST: FRUITS

→ FRUITS AND JUICES:

FOOD	PH OF THE FOOD
Apple	4.0
Apricot	4.8
Banana	5.0
Avocado	5.0 - 7.0
Dates	6.5 - 8.5



ALKALINE FOODS LIST: GRAINS

→ GRAINS AND FLOUR:

GRAINS TO USE	PH OF THE FOOD
Wild rice	6.0 - 6.4
Quinoa	6.0 - 7.0
Amaranth	6.5 - 7.5
Kamut	7.0

ALKALINE FOODS LIST

→ FOODS WITH BOTH PROPERTIES:

- CORN
- KOMBUCHA
- UNPASTEURIZED MILK
- WHITE POTATOES
- SAUERKRAUT
- SOY PRODUCTS
- YOGHURT

Soy sauce, miso, tamari, and all different fermented ingredients are acid-forming. This does not no longer observe the unfermented variations, however, and soy sauce & tofu are considered alright to devour as a part of your 20% mildly acidic food products [2]. An acidic diet plan will affect the pH levels of your urine.



MYTHS ABOUT ALKALINE DIET

1. Myth: Acid in the urine stipulates acidic blood

- Just because your urine is acidic, it does not make your blood acidic! The pH of our blood is always slightly alkaline to keep our body functioning properly.
- The food we consume impacts the acidity of our urine—think about the example of how feces can change its smell, color, and consistency, depending on the food consumed [\[3\]](#).

MYTHS ABOUT ALKALINE DIET

2. Myth: Alkaline foods restrict from consuming protein

- The alkaline food regimen warns cautious dieters to abstain from maximum protein, even plant-primarily based total protein, including beans, legumes, and grains, and lean animal-primarily based total protein due to their “acidic load.”
- Though excessive quantities may come up with a case of awful breath, protein is useful for muscle increase and weight loss. It additionally facilitates your senses after a meal. In suitable quantities, protein genuinely promotes the excretion of acid [\[4\]](#).
- The everyday advocated quantity of protein relies upon certain factors, such as gender, lean frame mass, and pastime level. Consult your number one care issuer or registered dietitian for extra information [\[4\]](#).



SCIENTIFIC PROOF OF ALKALINE DIET

As I've already discussed, the alkaline diet is an approach to health that is simply logical. If you go through the most alkaline foods list, you will understand and categorize foods easily. The foods that steal your energy are primarily acidic. A list of all alkaline foods is easily accessible through various alkaline foods list pdf over the web.

- **Alkalinity Reduces Arthritis Pain** [\[5\]](#)

This study suggests that an “Alkaline Supplement” may benefit in improving function and easing pain in atrophic arthritis and should represent a simple and safe treatment to the standard treatment of RA patients.

- **Alkaline Diet Helps with Kidney Issues:** [\[1\]](#)

Because urine pH is a component of risk factors in maximum forms of urinary stone disease, a dietetic manipulation of renal hydrogen ion excretion might be effective for some individuals at threat.



WRAPPING UP

- An alkaline diet boosts health is still a fact to be proven. There is no evidence from human studies.
- The Alkaline Diet is considered healthy because of the whole foods and unprocessed food products.
- Since you've got this list of alkaline food sources, try to incorporate them into your diet to reap the benefits. Make sure you don't make any substantial dietary changes without consulting a Nutritionist. If something does not fit you for any reason, you should simply avoid it.

***“Your health is an investment
and not an expense!”***

THANK YOU



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