

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons), N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

TIPS FOR ALKALINIZING YOUR DIET

1. Eat lots of vegetables and fruits. Most are alkalizing.
2. Drink the juice of half of a lemon or lime in water as a beverage.
3. Eat 1 cup of alkalizing greens daily (kale, collards, mustard greens, rapini).
4. Eat millet and quinoa as an option to the acid forming grains (wheat, brown rice).
5. Learn to make a miso broth (1 tsp. of miso dissolved in one cup of hot, not boiling, water).

Experiment with adding cooked daikon radish rounds and a small amount of cooked wakame seaweed to the miso broth.

6. Make blender drinks using alkaline juices, green powdered supplements and fruits.
7. Choose fish and lamb over beef and chicken for less acid forming animal protein.
8. Use olive oil as it is less acid forming than other vegetable oils.
9. Use buffered Vitamin C to alkalize the system.

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

ACID AND ALKALINE ASH OF SELECTED FOODS

Alkaline ash forming foods (the higher the number the more alkaline the food is)

Food	Measure	Effect	
Molasses	2 teaspoons	60.0	
Beans	1/8 cup	42.0	
Raisins	1/3 cup	34.0	
Figs, dried	1 1/2 cups	33.0	
Beet greens	1 cup	27.0	
Spinach	1 cup	18.0	
Yeast, brewers	1 cup	17.1	
Almonds	12 nuts	12.0	
Carrots	1 large	11.0	
Soy flour	2 tablespoons	9.5	
Celery	2 stalks	7.8	
Grapefruit juice	1/2 cup	7.0	
Sweet Potato	1 medium	6.7	
Beans, baked	1/2 cup	6.0	
Peas, dried	2 tablespoons	6.0	
Tomato	1 small	5.6	
Strawberry	12 medium	5.6	
Banana	1 small	5.5	
Mushrooms	7 medium	4.0	
Apple	1 large	3.7	
Milk, whole	1 cup	2.3	
Buttermilk	1 cup	2.2	
Onions	1 medium	1.5	
Squash, summer	1 cup	1.0	Least Alkaline

Acid ash forming foods (the higher the number the more acid the food is)

Wheat germ	2 tablespoons	20.0		
Lentil, dried	2 tablespoons	16.0		
Macaroni or Spaghetti	1/4 cup	14.0		
Chicken	4 ounces	14.0		
Eggs	1 medium	11.0		
Beef, steak	4 ounces	11.0		
Beef, liver	4 ounces	11.0		
Lamb chops	2 small chops	9.7		
Cod fish	4 ounces	9.4		
Walnuts, English	12 medium nuts	7.8		
Buckwheat flour	2 tablespoons	7.1		
Rice, brown	3 tablespoons	5.7		
Cheese, cheddar	1 cube	5.0		
Cheese, cottage	1/8 cup	4.5		
Peanuts	16 nuts	3.9		
Bread, whole wheat	2 slices	3.6		
Honey	1 tablespoon	1.1		
Butter	1 tablespoon	0.0		Least Acidic

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

Food and Chemical effects on Acid/Alkaline Body Chemistry Balance

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline
Baking soda	Spices	Herbs (most)	Ginger tea
Sea salt	Cinnamon	Green tea	Sucanat
Mineral water	Molasses	Rice syrup	Umeboshi vinegar
Umeboshi plums	Soy sauce	Apple cider vinegar	Ghee
			Mother's milk
			Oats
			Grain coffee
			Quinoa
			Wild Rice
Pumpkinseeds	Poppy seeds	Primrose oil	Avocado oil
	Chestnuts	Sesame seeds	Flaxseed oil
	Pepper	Cod liver oil	Coconut oil
		Almonds	Olive oil
		Sprouts	Other seeds
Lentils	Kohlrabi	Potato	Brussel sprouts
Onion	Parsnip	Bell pepper	Beets
Daikon taro root	Garlic	Mushrooms	Chives/cilantro
	Kale	Cauliflower	Okra
Sea vegetables	Endive	Salsify	Squashes
Burdock lotus root	Mustard greens	Ginseng	Lettuce
	Ginger root	Eggplant	Jicama
Sweet potato/yam	Broccoli	Pumpkin	
		Collard greens	
Limes	Grapefruit	Lemons	Oranges
Nectarines	Cantaloupe	Pears	Apricots
Persimmons	Honeydew	Avocado	Bananas
Raspberries	Citrus	Pineapple	Blueberries
Watermelon	Olives	Apples	Currants
Tangerines	Loganberries	Blackberries	Raisins
	Mangoes	Cherries	Grapes
		Peaches	Strawberries
		Papaya	

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons), N.D.

Board Certified Naturopathic Doctor | Bowen Practitioner

Food and Chemical effects on Acid/Alkaline Body Chemistry Balance

Lowest Acid	Low Acid	More Acid	Most Acid
Curry	Vanilla	Nutmeg	Jam/jelly
Honey	Black tea	Coffee	Table salt
Maple syrup	Alcohol	Saccharin	Yeast (hops/malt)
Rice vinegar	Balsamic vinegar		Sugar
			Cocoa
			White vinegar
Cream	Cow's milk	Casein (milk protein)	Processed cheese
Yoghurt	Aged cheese	30-day cheeses	Ice cream
Goat/sheep cheese	Soy cheese	Soymilk	
	Goat milk		
Eggs	Lamb/mutton	Pork/veal	Beef
Gelatin	Boar/elk	Squid	Pheasant
Organs	Shellfish	Lobster	
Venison	Goose/turkey	Chicken	
Fish			
Wild duck			
Triticale	Buckwheat	Maize	Barley
Millet	Wheat/kamut	Barley groats	
Kasha	Spelt/Teff	Corn	
Amaranth	Farina/Semolina	Rye	
Brown rice	White rice	Oat bran	
Pumpkinseed oil	Almond oil	Pistachio seed	Hazelnuts
Grape seed oil	Sesame oil	Chestnut oil	Walnuts
Sunflower oil	Safflower oil	Pecans	Brazil nuts
Pine nuts	Tapioca	Palm kernel oil	Fried foods
Canola oil	Seitan		
Spinach	Tofu	Green peas	Soy beans
Fava beans	Pinto beans	Peanuts	Carob
Kidney beans	White/red beans	Snow peas	
String beans	Azuki beans	Carrots	
Chutney	Lima beans	Chickpeas	
Rhubarb	Chard		
Guava	Plum	Cranberries	
Pineapple (dry)	Prune	Pomegranates	
Figs	Tomatoes		
Persimmon			
Cherimoya			
Dates			

Antihistamines

Psychotropics

Antibiotics

(Ref: Serammune Physicians Lab, Virginia, 1995). Table prepared by Dr. Russell Jaffe.

Visit us Online: corehealthmuskoka.com - Email: info@corehealthmuskoka.com
 165 Main St W, Huntsville, ON P1H 1X8 - Phone: 705.789.8998 - Fax: 705.789.6225
 89 Bowes St. Parry Sound, ON P2A 2L8 - Phone: 705.774.4887 - Fax: 705.789.6225