

Acid Food  
versus  
Alkaline Food



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When we think of 'acid foods' we think of lemons. Something that makes us screw up our face as our taste buds try to take the onslaught of sour!

It's not that sour and acid are really the same, but it's that sharp, tangy taste we experience.

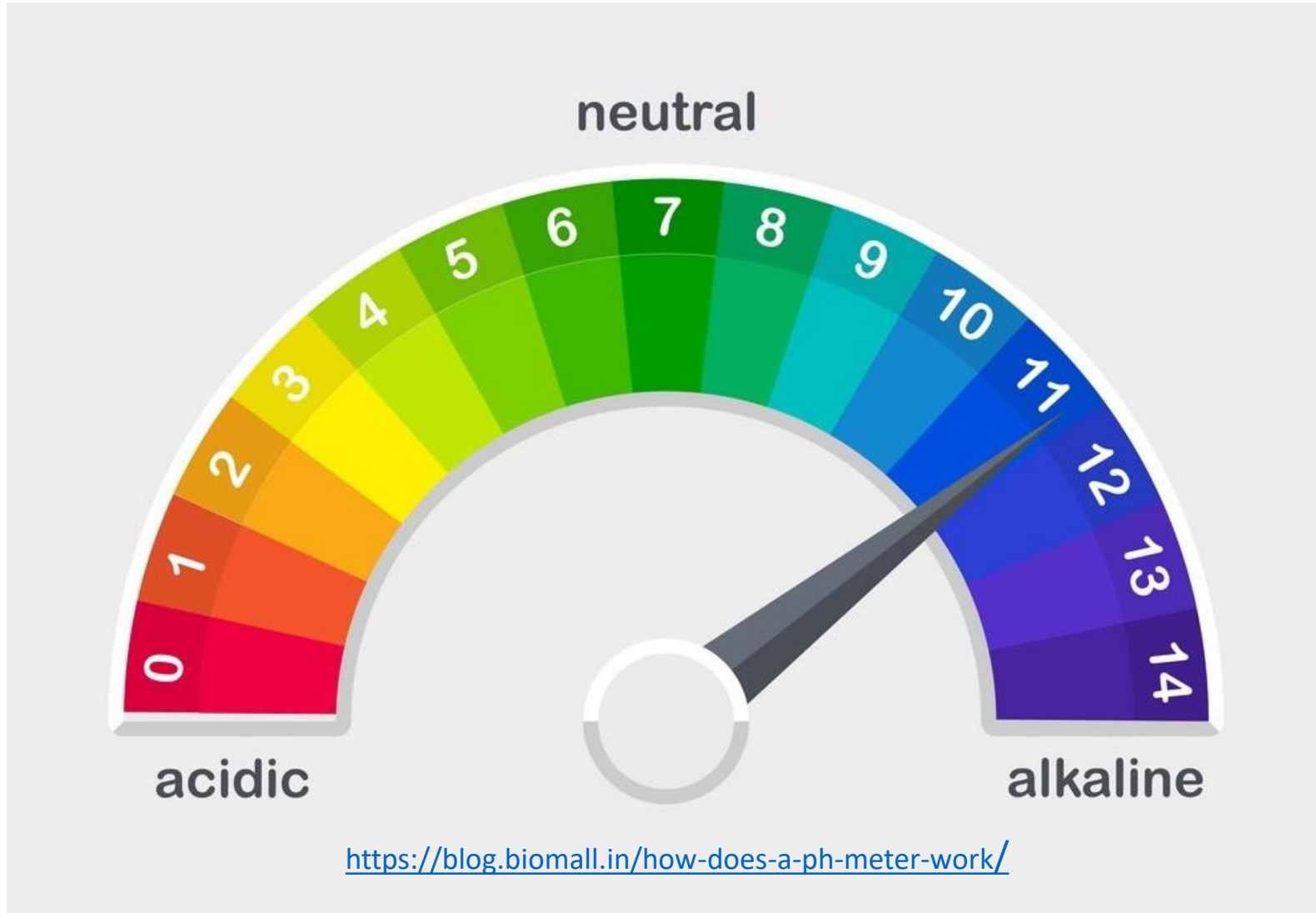
This lesson is built around the fact that some foods leave an acid residue after being consumed, while others leave an alkaline ash.

The acid residue is also known as metabolic waste. In other words, it's something we could well do without in our bodies.

Our body does require a little bit of Acid though.

In fact, lemons leave an alkaline ash once digested and this is very good for our bodies.

# Just so you comprehend...



This is the acidic / alkaline chart. You can see how neutral sits around the 7.

You can buy testing strips to use either for saliva or urine.

Our blood comes up slightly in the alkaline pH range at 7.35 – 7.45 which is slightly alkaline.

It's all about what ash is left after food has been burned or digested. Here is a simplified list of Acid burning foods v a list of Alkaline burning foods.

## Acid/Alkaline Burning Foods

### Acid (20%)

- Meat
- Refined sugar
- Hydrolysed wheat
- Aged cheese (esp. Blue Cheese)
- Caffeine
- Alcohol
- Tobacco
- Grains
- Legumes
- Nuts (most)



Barbara says to eat 80% of your food from the Alkaline list, and then 20% from grains, legumes and nuts.

### Alkaline (80%)

- Lemon
- Dark green leafy vegetables
- Grain - Millet
- Lima beans
- Lentils
- Quinoa
- Amaranth (goes well with Quinoa)
- Spelt / Kumut
- Almonds
- Brazil nuts
- All seeds
- Fruit

(Information from [Barbara O'Neill](#))





It's important you realise that eating acid foods is not always bad.

It's all about the balance:

**80% Alkaline**  
**20% Acid**

# Diets are way out of balance!

All these foods leave an acid ash after digestion!

That's 'metabolic waste' from the many chemical processes going on inside the body that allow normal functioning.

Unfortunately, this is how most people eat daily.



# Way too much acid burning ash foods

Most people eat way too much acid burning foods without too much thought about foods that fall on to the alkaline side.

This means, that most people virtually live their lives in an acidic state.

Unfortunately, this is where sickness and disease come from. It's not something strange that has caused a disease, it's because your body is too acidic.

Fix the pH balance of your body, fix the disease!

Will it happen overnight... most probably not, but you'll begin to feel the health benefits almost as soon as you start to care about what you consume.

## Acid (Eat only 20%)

- Meat
- Refined sugar
- Hydrolysed wheat
- Aged cheese (esp. Blue Cheese)
- Caffeine
- Alcohol
- Tobacco
- Grains
- Legumes
- Nuts (most)





Eat 80% of these kinds of foods

**How many of these alkaline foods would you consume in a day?**



**Make up the 20% acid from eating these on the acid side**



**Nuts**



**Grains**



**Legumes**





# Fuelling your car versus fuelling your body

How many times have I used this car example?

Most all people care for their car more than they care for their own bodies. It's a fact!

Who would tip oil, or juice, or milk or any other liquid substance into their car's fuel tank and expect it to function correctly?

No-one! So why do people treat their body any different???

All kinds of junk foods/drinks find their way into our digestive tracts, and we expect to remain healthy!

Not going to happen!



Watermelons are one of the most alkaline fruits you can eat!

On the other hand, blueberries register between 3.11 – 3.33 which is known as 'moderately acidic'.

Any food that registers lower than 7 on the pH scale is regarded as having acid burning ash.

On the other hand, any food that registers higher than 7 is regarded as having an alkaline burning ash.

7 is regarded as neutral.

But eating blueberries is very good... don't be fearful of eating acid burning foods in moderation, especially fruit! Particularly if your diet is made up of mainly alkaline foods.







It's not something we have to be too concerned about providing we are eating lots of fruit and vegetables on a daily basis.

The problem is, that most people's diets are way over the top on the acidic side. Eat raw more often, and more fruit and vegetables... as God designed us to do.

Herbs of all kinds and lovely spices sure spruce up a meal and make each one different.