

### Introduction

Research shows that diets consisting of highly alkaline foods — fresh vegetables, fruits and unprocessed plant-based sources of protein, for example — result in a more alkaline urine pH level, which helps protect healthy cells and balance essential mineral levels. Alkaline diets (also known as the alkaline ash diets) have been shown to help prevent plaque formation in blood vessels, stop calcium from accumulating in urine, prevent kidney stones, build stronger bones, reduce muscle wasting or spasms, and much more.. Adding more of these 25 foods into your diet could help support organ health and trim your body mass.

### foods



### 25 Foods Promoting Alkline

- Draft beer (most neutral)
- Honey
- Asparagus
- Margarine
- White wine
- Broccoli
- Marmalade
- Mineral water
- Watermelon
- Apples
- Red wine
- Zucchini
- Hazelnuts
- Green beans
- Tomatoes
- Cherries
- Radishes
- Cauliflower
- Potatoes
- Apricots
- Carrots
- Celery
- Bananas
- Spinach
- Raisins (most alkaline-promoting)

The foods are ordered from most neutral to most alkaline-promoting.

### 25 Foods Promoting Acid

- Olive oil (neutral)
- Low-fat yogurt
- Whole milk
- Butter
- Lentils, boiled
- White bread
- Whole-wheat cooked spaghetti
- Plain bagel
- Peanuts, dry-roasted
- Walnuts
- Hot dog
- Chicken
- Pepperoni
- Lean beef
- Wild cooked trout
- Whole egg, hard boiled
- Oats
- Brown rice
- Cooked salmon
- White canned tuna fish
- Mozzarella
- Canned sardines
- Cooked turkey bacon
- American/cheddar cheese
- Parmesan cheese (most acid-producing)

The foods are ordered from most neutral to most acid-promoting.



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