

pH Balancing Diet

**Best Alkalizing Food**

FRESH FRUITS AND VEGETABLES- mushrooms, citrus, dates, raisins, spinach, grapefruit, tomatoes, [avocado](https://draxe.com/avocado-benefits/), summer black radish, alfalfa grass, barley grass, cucumber, kale, jicama, wheat grass, broccoli, oregano, garlic, ginger, green beans, endive, cabbage, celery, red beet, watermelon, figs and ripe bananas.

RAW FOODS- Cooking foods depletes alkalizing minerals. Try juicing or lightly steaming fruits and vegetables.

PLANT PROTEINS- Almonds, navy beans, lima beans and most other beans are good choices.

ALKALINE WATER**-** Alkaline water has a pH of 9 to 11. Distilled water or reverse osmosis filter is slightly acidic but acceptable. Add lemon or lime essential oil, or baking soda to your water.

GREEN DRINKS- Drinks made from green vegetables and grasses in powder form have alkaline-forming foods and chlorophyll

OTHER FOODS- sprouts, wheatgrass, fermented foods

**Anti-Alkaline Foods**

HIGH SODIUM FOODS- [Processed foods](https://draxe.com/processed-foods/), table salt.

COLD CUTS/DELI MEATS

PROCESSED CEREALS

EGGS

CAFFEINATED DRINKS AND ALCHOL

OATS AND WHEAT- All grains, pasta, rice, bread and packaged grain products

MILK- milk and dairy products

ARTIFICIAL SWEETENERS

NON ORGANIC/GRASS FED MEAT

**Anti-Alkalizing Lifestyles**

TOXINS- Pesticides and herbicides, exposure to chemicals and radiation from household cleansers, building materials, computers, cell phones and microwaves, alcohol and drug use, hormones from foods, health and beauty products, and plastics

ANTIBIOTICS

[CHRONIC](https://draxe.com/10-ways-chronic-stress-is-killing-your-quality-of-life/) STRESS

LACK OF EXERCISE/OVER EXERCISE

LOW INTAKE OF FIBER

FOOD COLORING AND PRSERVATIVES

POOR CHEWING AND SHALLOW BREATHING