

ALKALISING DIET

The balance between the consumption of acid and base-forming foods is important for health.¹ Chronic diseases such as osteoporosis, chronic low back pain, kidney stones and loss of muscle mass and strength have been associated with “acidosis”.¹ Acidosis occurs when the acid-alkaline balance in the blood and other body tissues shifts towards acidity.

WHAT IS AN ALKALISING DIET?

The alkaline diet, also called the acid-alkaline diet or alkaline ash diet is based on the idea that replacing acid-forming foods with alkaline or base foods can improve health. This diet is believed to alter the pH value of our body.

The purpose of an Alkalising Diet is to:

- 1 Promote foods that may assist the reduction of acidity
- 2 Minimise acid-forming foods in the diet
- 3 Support optimal digestive function for effective and efficient nutrient digestion and absorption

A low acid load diet may help maintain healthy bones, kidneys and muscles.^{1,2,3}

Why is there acid build up in my body?

Acidosis can occur as a result of multiple factors such as a poor diet over a long period of time, excess alcohol consumption, kidney disease or even excessive exercise. This leads to a shift in the acid-alkali balance of the blood towards acidity.

How do I know this diet is right for me?

While the focus of an alkalising diet is to promote the inclusion of alkaline foods, it may also restrict some foods such as meats, dairy and wheat. Care must be taken to help support your transition and make sure all of your dietary requirements are being met.











Like any major change to your diet it is important to consult your healthcare practitioner to make sure an alkalising diet is appropriate for you.

Dietary changes may play an integral role in improving a person's health and these adjustments often work well alongside medical interventions and therapies, supplementation and lifestyle modifications.



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FOOD GROUP		AVOID ACID-FORMING FOODS	ENJOY ALKALI-FORMING FOODS
	Refined flour and grains	Brown and white rice, pasta, oats, wheat crackers, bread, cornflakes, rye flour, egg noodles and wheat flour	Quinoa, carob flour, root flours such as yam, taro, sweet potato flour
	Sugar	Refined sugar	Molasses, honey in moderation. Occasional small serves (1-2 pieces twice weekly) of organic, raw, dairy free dark chocolate
	Fats and oils	Peanuts, peanut butter, sunflower seeds, walnuts, brazil nuts, cashews, roasted mixed nuts and mayonnaise	Pumpkin seeds, macadamia nuts, olive oil, fish oil, hazelnuts, chestnuts, almonds, pecans, chia and flaxseeds
	Dairy	Cheese especially parmesan, cheddar, brie, swiss and mozzarella	Goat's milk, sheep's milk, yoghurt, organic ghee
	Meat/eggs	Processed meat such as salami, ham, bacon, corned meat, beef, pork, seafood, chicken, turkey and egg yolk	None
	Vegetables	None	All vegetables especially beet greens, spinach, celery, kale, amaranth leaves and chard
	Legumes	Lentils and peas	Fermented tofu, all beans and chickpeas
	Fruits	None	All fruits and dried fruits in moderation
	Herbs and spices	None	All herbs especially parsley, coriander, basil, celery flakes, dill, chives and oregano
	Beverages	Soft drink, excessive caffeine and alcohol	Grapefruit juice, coconut water, carrot juice, orange juice, vegetable juice, lemon juice, apple juice, green tea and water

SAMPLE ALKALISING DIET

**Breakfast:**

Homemade quinoa granola (quinoa grain, macadamia nuts, flaxseeds, pecans and black strap molasses) topped with **vegan coconut yoghurt** and fruit

Snack:

Dried fig energy balls (dried figs, pecans, flaxseeds, vanilla, coconut oil and salt)

Lunch:

Black bean veggie patty (cooked black beans, red kidney or pinto beans, sweet potato, green capsicum, onion, garlic, flaxseeds, chilli, cumin, oregano and savoury yeast flakes) with **roasted vegetables** and **spinach pesto dressing** (spinach, basil, onion, pumpkin seeds and olive oil blended)

Snack:

Blueberry chia pudding (coconut yoghurt, homemade macadamia milk, chia seeds and blueberries)

Dinner:

Hearty Vegetable Stew (celery, carrot, homemade vegetable broth, onion, garlic, broccoli, mushroom, rosemary, salt, red wine, tomatoes, potatoes and beans)

Drinks:

2L filter water sipped over the course of the day and flavoured with lemon or lime slices, mint or cucumber slices