

Mental Health Diet

The need to know- the human body functions best at a pH of 7.5, various foods in our diets have different pH levels which contribute to the constant changes in pH levels in the body. Symptomatically you may have noticed these changes by not sleeping as well or not feeling as motivated as usual/more fatigued. Acidic foods have a pH of 3, consuming excess amounts of acidic foods will naturally lower our pH levels systemically, without going into too much biochemistry, the cells and your entire body cannot function optimally at an acidic pH. Our cells which create energy, neurotransmitters, prevent depression, and make us feel relaxed all need a pH level of 7.5. Alkaline foods on the other hand have a pH of 9, so we do need to consume acidic foods in order to balance our pH naturally.

Recommendations: it is recommended to consume a varied diet of both alkaline and acid foods in one meal to maintain a pH of 7.5. As the majority of our western diets are wheat, dairy, meat and sugar based this decreases our pH to an acidic level easily. Combining these foods with alkaline foods or decreasing our acidity with meat free days or the occasional vegan meal can make us feel better over time and allow us to be the dictator in how we feel rather than being debilitated by our bodies.

Fruits- It might be surprising that they are acidic, but be mindful that fruits contain both high fructose and high antioxidants. So yes, fruit is good for you but in excess it can create an acidic environment.

Bitter citrus fruits(lemon and lime) are considered to be acidic although when combined with our stomach acid become alkaline, the same goes for tomatoes

Juicing is best with the pulp as our blood sugar rises higher without the added fibre, drinking juice with pulp helps to increase its nutritional value and keep you fuller for longer. It is not recommended to live on juices alone as the body requires protein for adequate detoxification. I'd recommend to juice with greens and fruits combined and add some chia seeds for added fibre and thickness

Soy and Soy sauce- Unfortunately fermented foods are considered to be acid forming, however consuming the unfermented versions are alkaline

Tea and coffee- Caffeine containing teas (including green tea) and coffees will contain high amounts of the compound 'caffeic acid' making them acid forming, however consuming non caffeinated teas and coffee substitutes such as rooibos or herbal tea are all alkaline. Caffeic acid also increases cortisol so it is best to consume caffeinated beverages at least 2 hours after waking

Breads- Wheat breads are hard to give up, as it is versatile and quick for people on the run. Try sprouted breads which are mildly alkaline. If you don't like these are turned off by the price then I'd recommend to try wraps or gluten free/yeast free varieties as a great substitute

Water- Staying properly hydrated can reduce fatigue and mental fog, limiting salt and ensuring you drink adequate water for your weight and height is the key to improved circulation. Without adequate water our body cannot receive nutrients, neurotransmitters and other body messengers, they need the liquid for transport

Eat most (roughly 60-80% of your daily diet)

Highly Alkaline	Moderately Alkaline	Mildly Alkaline
<ul style="list-style-type: none"> • pH 9.5 Alkaline water • Grasses (barley, wheatgrass) • Cucumber • Kale • Kelp • Spinach • Parsley • Broccoli • Sprouts (alfalfa, broccoli etc) • Sea Vegetables (spirulina, sea weed such as nori, Chlorella) • Greens powders and juices • All sprouted beans, nuts and seeds (commonly known as 'activated') • Chlorophyll 	<ul style="list-style-type: none"> • Avocado • Beetroot • Capsicum/pepper • Cabbage • Celery • Collard/spring greens • Endive • Garlic • Ginger • Green beans • Lettuce • Mustard greens • Okra • Radish • Red onion • Rocket • Tomato • Lemon • Lime • Butter beans • Soy beans • White haricot beans • Chia/Salva • Quinoa 	<ul style="list-style-type: none"> • Artichokes • Asparagus • Brussel Sprouts • Cauliflower • Carrot • Chives • Zucchini/Courgette • Leek • Peas • Rhubarb • Swede • Watercress • Grapefruit • Coconut • Buckwheat • Spelt • Lentils • Tofu • Goat, Coconut and Almond Milk • Most herbs and spices • Avocado oil • Coconut oil • Flax oil/Udo's oil

As a great rule of thumb if its green and it grows from the earth you will know its Alkaline and can be consumed all the time

Neutral/Mildly acidic	Moderately Acidic	Highly acidic/ always combine with highly alkaline
<ul style="list-style-type: none"> • Black Beans • Chickpeas/Garbanzos • Kidney Beans • Seitan • Cantaloupe/Rock Melon • Currants • Fresh Dates • Nectarines • Plum • Sweet Cherry • Watermelon • Amaranth • Millet • Oats/Porridge • Rice • Hemp • Freshwater wild fish • Rice and soy milk • Brazil nuts • Pecans • Hazelnuts • Sunflower oil • Grapeseed oil • Tap Water 	<ul style="list-style-type: none"> • Fresh Natural juice (not from concentrate) • Ketchup/tomato sauce • Mayonnaise • Butter • Apple • Apricot • Banana • Blackberry • Blueberry • Cranberry • Grapes • Mango • Orange • Peach • Mangosteen • Papaya • Pineapple • Strawberry • Brown Rice • Rye • Wheat • Wholemeal bread and pasta • Wild Rice • Ocean fish 	<ul style="list-style-type: none"> • Alcohol • Coffee and black tea • Fruit juice (from concentrate) • Cocoa • Honey • Jam • Jelly • Mustard • Miso • Rice syrup • Soy Sauce • Vinegar • Yeast • Dried fruit • Beef • Chicken • Eggs • Farmed Fish • Pork • Shellfish • Cheese • Dairy milk • Artificial Sweeteners • Syrup • Mushroom

