

Acidity and Alkalinity list

Used with the kind permission of Prof. Dr. Jürgen Vornmann, the head of the Institute of Prevention and Nutrition (IPEV) in Ismanning/Munich in Germany.

This list is part of the 'My Permanent Fat Loss Program' by The Coolest Granny in Town. It should not be used in isolation but in conjunction with the rest of the program. I have added my comments to the good doctor's list.

This list gives only one dimension of foodstuffs, namely, whether foodstuffs are acidic, neutral or alkaline. Acidity is one of the factors of foodstuffs that causes the inflammation that causes and makes conditions such as arthritis, gout, other chronic illnesses, some auto-immune diseases and some cancers. By only one dimension I mean that the fact that something is alkaline does not necessarily mean that it is good for you. That is why it is important to go through the other information in the program.

E.g. Sugar, wine, coffee, tea, margarine soya beans are not acidic but I don't have to tell you that they are unhealthy. You know that very well. It's just that maybe you are hooked on them because these legal drugs are as addictive or even more addictive than cocaine.

This list does **not** say, 'because iceberg lettuce is alkaline and very healthy when you take everything else into account, **thus** you should eat it'. It's the other way round. This list says if you want to eat iceberg lettuce, go ahead because it is alkaline and healthy when you take everything else into account. I use this example because I don't like iceberg lettuce. I eat a salad meal every other day but with other forms of lettuce such as lamb's lettuce, tricolor or butter lettuce. Another example: Kale is alkaline, one of the healthiest foodstuffs and a great source of protein. If you hate the taste of kale, you should not force yourself to eat it. You can also ask The Coolest Granny in Town or anyone who prepares healthy meals for tips. This list does NOT CHOOSE what you should eat but helps YOU TO CHOOSE wisely.

The body needs protein. Most protein sources are acidic and in fact all animal protein sources are acidic. protein. You will see from the list that there are alkaline protein sources such as spinach and beans. If you choose to consume animal protein or any other acidic foodstuffs you should keep in mind that each meal should be at least 80% alkaline.

The higher the number, the further from zero, the more acidic. E.g. 8,3 is more acidic than 0,7

The lower the number, the further from zero, the more alkaline: e.g. -8,3 is more alkaline than -0,7. If this is not clear, please do not hesitate to ask via the contact page of freehealthclub.online.



Vegetables	Groenten	A: Acidic N: Neutral B: Alkaline	
Asparagus	Asperge	B	- 0,4
Broccoli	Broccoli	B	- 1,2
Brussels sprouts	Spruitjes	B	- 4,5
Carrots	Peen	B	- 4,9
Cauliflower	Bloemkool	B	- 4,0
Celery	Selderij	B	- 5,2
Chicory	Cichorei	B	- 2,0
Cucumber	Komkommer	B	- 0,8
Eggplant	Aubergine	B	- 3,4
Fennel	Venkel	B	- 7,9
Garlic	Knoflook	B	-1,7
Gherkin, pickled	Ingelegde augurk	B	- 1,6
Kale	Boerenkool	B	- 7,8
Kohlrabi	Koolrabi	B	- 5,5
Lamb's lettuce	Veldsla	B	- 5,0
Leeks	Prei	B	- 1,8
Lettuce	Sla	B	- 25
Lettuce iceberg	IJsberg sla	B	- 16
Mushroom, common	Paddenstoelen	B	- 1,4
Onions	Uien	B	- 1,5
Peppers, green bell	Groene paprika	B	- 1,4
Potatoes	Aardappelen	B	- 4,0
Radish, red	Rode radijs	B	- 3,7
Rucola	Rucola sla	B	-7,5
Sauerkraut	Zuurkool	B	- 3,0
Spinach	Spinazie	B	-14,0
Zucchini	Courgette	B	- 3,1

Herbs and vinegar	Kruiden en azijn	A: Acidic N: Neutral B: Alkaline	
Apple vinegar	Appelazijn	B	- 2,3
Basil	Basilicum	B	- 7,3
Chives	Bieslook	B	- 5,3
Parsley	Pieterselie	B	-12,0
Wine vinegar, balsamic	Balsamico azijn	B	- 1,6

Beverages	Dranken	A: Acidic N: Neutral B: Alkaline	
Apple juice unsweetened	Ongezoet appelsap	B	- 2,2
Beer, draft	Tapbier	B	- 0,2
Beer pale	Bier (pils)	A	0,9
Beer, stout	Donker bier	B	- 0,1
Beetroot juice	Bietensap	B	- 3,9
Carrot juice	Wortelsap	B	- 4,9
Coca cola	Coca cola	A	0,4
Coacoa made with semi-skimmed milk	Cacao met magere melk	B	- 0,4
Coffee, 5 minutes	Koffie	B	-1,4
Espresso	Espresso	B	- 2,3
Fruit tea infusion	Fruit thee	B	- 0,3
Grape juice unsweetened	Ongezoet druivensap	B	- 1,0
Green tea infusion	Groene thee	B	- 0,3
Herbal tea	Kruidenthee	B	- 0,2
Lemon juice	Citroensap	B	- 2,5
Mineral water	Mineraalwater	B	- 1,8
Orange juice unsweetened	Ongezoet sinaasappelsap	B	- 2,9
Red wine	Rode wijn	B	- 2,4
Tea, Indian infusion	Indische thee	B	- 0,3
Tomato juice	Tomatensap	B	- 2,8
Vegetable juice (tomato, beetroot, carrot)	Groentensap	B	- 3,6
White dry wine	Droge witte wijn	B	- 1,2

The healthiest beverage is the one that is not listed – tap water. An adult should drink 3litres per day - minimum 2litres. Although most of these beverages are alkaline, the body is better off without most of them and they should not replace water.

Fruit	Fruit	A: Acidic N: Neutral B: Alkaline	
Apples	Appels	B	- 2,2
Apricots	Abrikozen	B	- 4,8
Bananas	Bananen	B	- 5,5
Black currants	Zwarte bessen	B	- 6,5
Cherries	Kersen	B	- 3,6
Figs, dried	Gedroogde vijgen	B	- 8,1
Grapefruit	Grapefruit	B	- 3,5
Grapes	Druiven	B	- 3,9
Kiwifruit	Kiwi	B	- 4,1
Lemon	Citroen	B	- 2,6
Mango	Mango	B	- 3,3
Peach	Perzik	B	- 2,4
Pear	Peer	B	- 2,9
Pineapple	Ananas	B	- 2,7
Raisins	Rozijnen	B	- 21,0
Strawberries	Aardbeien	B	- 2,2
Watermelon	Watermeloen	B	- 1,9

Just like vegetables, fruit are alkaline and healthy. Healthy consumption of fruit excludes the sugar factory that is called 'pure fruit juice with no added sugar'. Of all the foodstuffs, the body is better off with more vegetables but the intake of fruit should be limited because of the amount of sugar. Different kinds of fruit have different amounts of sugar, for example watermelon, strawberries and bananas have much more sugar than green apples, kiwifruit and lemon. If you eat non-organic dried fruit like raisins rinse them first to remove the sulphur.

Sweets	Snoepgoed	A: Acidic N: Neutral B: Alkaline	
Chocolate, bitter	Pure chocolade	A	0,4
Chocolate, sweet	Melk chocolade	A	2,4
Honey	Honing	B	- 0,3
Madeira cake	Madeira taart	A	3,7
Marmalade	Marmelade	B	- 1,5
Nougat, hazelnut cream	Hazelnoot-crème nougat	B	- 1,4
Sugar, brown	Bruine suiker	B	- 1,2
Sugar, white	Witte suiker	N	0,0

Although most of the foodstuffs on this list are alkaline, other than honey, the body is better off without all of them because they are all bad sugars. One of the greatest causes of illness and some cancers is refined sugar. Yes, the body does need sugar, but that fact has nothing to do with this list. The body needs carbohydrates that come from eating a lot of vegetables and about 2 fruit per day.

Meat and sausages	Vlees en worst	A: Acidic N: Neutral B: Alkaline	
Beef, lean only	Mager rundvlees	A	7,8
Cervelat sausage	Cervelaat worst	A	8,9
Chasseur sausage	Chausser worst	A	7,2
Chicken, meat only	Kip	A	8,7
Corned beef	Corned beef	A	13,2
Duck	Eendenvlees	A	4,1
Duck, lean only	Mager eenden vlees	A	8,4
Frankfruters	Frankfurter worst	A	6,7
Goose, lean only	Gans (alleen mager)	A	13,0
Lamb, lean only	Lam (alleen mager)	A	7,6
Liver (veal)	Kalfslever	A	14,2
Liver sausage	Leverworst	A	10,6
Lucheon meat	Boterhamworst	A	10,2
Ox liver	Ossenlever	A	15,4
Pig's liver	Varkenslever	A	15,7
Pork sausage	Varkensvlees worst	A	7,7
Pork, lean only	Mager varkensvlees	A	7,9
Rabbit, lean only	Mager konijn	A	19,2
Rump steak	Biefstuk	A	8,8
Salami	Salami	A	11,6
Slicing sausage containing ham	Snijworst met ham	A	8,3
Turkey, meat only	Kalkoen	A	9,9
Veal, fillet	Kalfsfilet	A	9,0

Fish and seafood	Vis en zeevruchten	A: Acidic N: Neutral B: Alkaline	
Carp	Karper	A	7,9
Cod, fillets	Kabeljauw	A	7,1
Eel, smoked	Gerookte paling	A	11,0
Haddock	Schelvis	A	6,8
Halibut	Heilbot	A	7,8
Herring	Haring	A	7,0
Mussels	Mosselen	A	15,3
Prawn	Garnalen	A	15,5
Rosefish	Rozervis	A	10,0
Salmon	Zalm	A	9,4
Salted herring	Gezouten haring	A	8,0

Sardines in oil	Sardines in olie	A	13,5
Shrimp	Garnalen	A	7,6
Sole	Zool	A	7,4
Tiger prawn	Tijgergarnalen	A	18,2
Trout, steamed	Gestoomde forel	A	10,8
Zander	Snoekbaars	A	7,1

Milk, dairy and eggs	Melk, zuivel en eieren	A: Acidic N: Neutral B: Alkaline	
Buttermilk	Karnemelk	A	0,5
Camembert	Camembert	A	14,6
Cheddar-type cheese, reduced fat	Kaas cheddar-type verlaagd vetgehalte	A	26,6
Cottage cheese, plain	Kwark	A	8,7
Cream, fresh, sour	Zure verse room	A	1,2
Curd cheese	Kwark	A	0,9
Edam, full fat	Edam volvette	A	19,4
Egg, chicken, whole	Ei	A	8,2
Egg, white	Eiwit	A	1,1
Egg, yolk	Eigeel	A	23,4
Emmenthal	Emmenthaler	A	21,1
Fresh cheese (quark)	Verse kaas	A	11,1
Full-fat soft cheese	Volvette zachte kaas	A	4,3
Gouda	Goudse kaas	A	18,6
Hard cheese	Harde kaas	A	19,2
Ice cream, dairy, vanilla	IJs – zuivel vanille	A	0,6
Kefir cheese	Kefir kaas	N	0,0
Milk, skimmed	Magere melk	A	0,7
Milk, whole, evaporated	Volle melk verdampt	A	1,1
Milk, whole, evaporated and sterilized	Volle melk verdampt en gesteriliseerd	A	0,7
Parmesan	Parmezaanse kaas	A	34,2
Processed cheese, plain	Smeltkaas	A	28,7
Rich creamy full fat cheese	Rijke, romige volvette kaas	A	13,2
Whey	Wei	B	- 1,6
Yoghurt, whole milk, fruit	Yoghurt volle melk fruit	A	1,2
Yoghurt, whole milk, plain	Gewone yoghurt, volle melk	A	1,5

Legumes	Peulvruchten	A: Acidic N: Neutral B: Alkaline	
Beans, green/French	Groene bonen	B	- 3,1
Lentils, green, brown, whole, dried	Linzen, groen, bruin, heel	A	3,5
Peas	Erwten	A	1,2
Soybeans	Sojabonen	B	-3,4
Soymilk	Sojamelk	B	- 0,8
Tofu	Tofu	B	- 0,8

Meat, fish, dairy products and legumes are sources of protein.

Plant sources of protein are safer than animal sources of protein. If you eat meat or fish white is better.

Other than kefir and whey, dairy products are acidic. Apart from being acidic, dairy products cause mucous and can cause and worsen allergies such as hayfever.

Different beans like black beans, brown beans, white beans, red beans, chickpeas, green beans etc are good sources of protein but they should be taste like beans and look like beans on your plate. They should not taste like meat or fish or look like meat or fish on your plate because. You can ask The Coolest Granny in Town how she prepares beans the tasty healthy way.

Soya (tofu is also made of soya) is alkaline but soya affects hormones. On top of that, most of the time soya products are consumed as the chemical factory called meat replacements.

Grains and flour	Granen en meel	A: Acidic N: Neutral B: Alkaline	
Amaranth	Amarant	A	7,5
Barley (wholewheat)	Gerst	A	5,0
Buckwheat (whole grain)	Boekweit	A	3,7
Corn	Maïs	A	3,8
Cornflakes	Cornflakes	A	6,0
Dried unripe spelt grains	Gedroogde onrijpe spelt granen	A	8,8
Millet (whole grain)	Gierst volkoren	A	8,6
Oat flakes	Havervlokken	A	10,7
Rice, brown	Bruine rijst	A	12,5
Rice, white	Witte rijst	A	4,6
Rice, white, boiled	Witte rijst gekookt	A	1,7
Rye flour	Roggebloem	A	4,4
Rye flour, whole meal	Roggebloem volkoren	A	5,9
Wheat flour, white	Witte tarwemeel	A	6,9
Wheat flour, whole meal	Tarwemeel volkoren	A	8,2

Bread	Brood	A: Acidic N: Neutral B: Alkaline	
Bread, rye flour	Brood, roggebloem	A	4,1
Bread, rye flour mixed	Brood, gemengd roggebloem	A	4,0
Bread, wheat flour, mixed	Brood, gemengd tarwemeel	A	3,8
Bread, wheat flour whole meal	Brood, tarwemeel volkoren	A	1,8
Bread, white wheat	Wit brood, tarwemeel	A	3,7
Coarse whole meal bread	Brood, grof volkoren	A	5,3
Crispbread, rye	Rogge knäckebröd	A	3,3
Pumpernickel	Zwart roggebrood	A	4,2
Whole meal bread	Volkorenbrood	A	7,2

The list of grains does not include quinoa because quinoa is not a grain. Quinoa is good for the body. If you want to consume any of these grains and breads, they should not be refined sugars like white or brown bread, pasta etc but whole grain and keep in mind that the 20% acidic includes protein. I assure you, the more vegetables you eat the more you will realize that you do not need all these grains. One of The Free FHC resources is The Coolest Granny in Town's pure almond flour bread.

Remember, this list should not be used in isolation but in conjunction with the digibook. This is not a short-term weight loss program. This is a permanent lifestyle change.

The secret to sustaining this lifestyle is knowing how to prepare **tasty** healthy meals. The Coolest Granny in Town, with her friend Shamim, will give you handy tips. If you have any questions on specific tips, please do not hesitate to ask via the contact page of Free Health Club. That is one of the many benefits you are entitled to as an FHC member.

Always at your service,

The Coolest Granny in Town
(Aka Makheni Zonneveld)