

Acid Versus Alkaline Foods / Junk Foods

All the animal-based foods (meat and dairy) are acidic, and the plant-based foods are alkaline. The human body is alkaline. Keep a healthy ratio of 4:1 between alkaline and acidic foods. For example, for every one ounce of meat consumed balance with 4 ounces of vegetables. If one maintains this 4:1 ratio in diets, digestive problems such as acid reflux, gas, bloating, and indigestion will be minimized.

Balance Your Foods (80% Alkaline/20% Acidic)



| Acidifying | | Alkalizing |
|---|---|---|
|  Meat & Meat Products |  Fish |  Vegetables! |
|  All Sugars |  Dairy | |
|  Grains |  Grain Products | |
|  Chocolate |  Coffee & Tea | |
|  Fruit Juice & Soda |  All Alcohol | |
| | |  Non-sweet Citrus |
| | |  Some Fruits |
| | |  Sprouts |
| | |  Fresh Vegetable Juice |

Acidic Versus Alkaline Foods (Body Alkaline)

Source: <https://www.radiantalchemy.org/single-post/2016/07/19/Where-Art-Thou-Alkaline>

Eliminate Junk Foods

The ready to eat, commercially prepared, convenient fast meals and snacks are rich in sugar, fat, salt, and preservatives. These high-glycemic foods lead to obesity and type 2 diabetes and worsen type 1 diabetes. The convenient pre-prepared and fast foods should never become the fallback meal substitute. A holistically balanced meal cooked with fresh ingredients must always take priority over other less essential things in life. A wise saying so applicable to current times is:

When you are young, you invest all your health to gain wealth; when you get older, you spend all your earned wealth to regain health. Unfortunately, it never works.