

5 Acidic Food Groups To Avoid

Acidic Food # 1: Dairy Products

The different types of acidic dairy foods include milk, butter, cheese, cream, custards, eggs and yogurt.

Acidic Food # 2: Meat and Poultry Products

Of this category, there is meat, chicken, beef, shellfish, goat, lamb, pork, rabbit meat and turkey.

Acidic Foods # 3: Refined, Processed and Frozen Food Products

Which is pretty much anything that is frozen, like frozen peas, carrots, broccoli and also the frozen mixed vegetables, not to mention take out meals or frozen meals. But it also includes many foods you may not have considered, such as canned soup, chips, cookies, doughnuts and just about anything you can get at fast food restaurants. Refined, processed and frozen foods are loaded with sugar, salt, artificial coloring and flavoring, additives, preservatives, and butter, margarine, or hydrogenated or partially hydrogenated (hardened) vegetable oil - and deficient in fiber. All these types of foods are acidifying.

Acidic Food # 4: Refined Sugar and Artificial Sweeteners

Acidic Food # 5: Beverages

Alcohol, coffee, black tea, sodas and concentrated juices all have a negative effect on your body's pH level.

