
























Tabel cu alimente acide și alcaline

Basica®



Food chart

Alkaline					Acid						
-20	-15	-10	-5		5	10	15	20	25	30	35
Milliequivalent/100 g					Milliequivalente/100 g						
Drinks											
 <ul style="list-style-type: none"> Apple juice, unsweetened Beer, lager Coke Espresso Vegetable juice (tomato, beetroot, carrot) Coffee, infusions Hot chocolate, made with milk (3.5%) Mineral water Orange juice, unsweetened Beetroot juice Tea (green, black, fruit), infusions Tea (herbal), infusions Tomato juice Red wine White wine Lemon juice 					 						
Bread											
 <ul style="list-style-type: none"> Graham bread Dark rye bread Rye bread Rye crisp bread Wholemeal bread White bread Wheat bread Rusk 											
Cereals and flour											
 <ul style="list-style-type: none"> Amaranth, seeds Buckwheat, whole grain Cornflakes Spelt, unripe spelt Barley, whole grain Oats Millet, whole grain Maize, whole grain Rice, husked Rice, unhusked Rye flour Wheat flour 											
Pasta											
					<ul style="list-style-type: none"> Egg noodles Spaghetti Spaetzle Whole grain spaghetti 						
Milk, dairy products and eggs											
 <ul style="list-style-type: none"> Buttermilk Protein Cream cheese Fruit yoghurt made from full-fat milk Condensed milk Milk, low-fat 1.5%, full-fat milk 3.5% Whey Quark Cream Soft cheese, full-fat cheese Mild, full-fat cheese (50% fat in dry matter) Camembert Cheddar, reduced fat Egg yolk Hard cheese Cottage cheese, full-fat cheese Chicken eggs Natural yoghurt made from full-fat milk Parmesan Processed cheese, natural 											
Meat and sausage products											
 <ul style="list-style-type: none"> Ham sausages Cervelat sausage Corned beef Duck Pork sausage Goose Chicken Veal Rabbit Lamb Liver Liver sausage Beef Salami Pork Turkey Vienna sausage 											
Fish and seafood											
 <ul style="list-style-type: none"> Eel, smoked Trout, steamed Halibut Codfish Carp Salmon Crab Mussels Redfish Sardines, in oil Shellfish Dover sole Zander 											
Vegetables											
 <ul style="list-style-type: none"> Aubergines Cauliflower Broccoli Chicory Iceberg lettuce Pickled cucumbers Lamb's lettuce Fennel Curly kale Cucumbers Carrots Potatoes Garlic Kohlrabi Lettuce Leeks Peppers Mushrooms Radishes Brussels sprouts Rocket Sauerkraut Celery Soya beans Soya milk Asparagus Spinach Tofu Tomatoes Courgettes Onions 					 						
Pulses											
					<ul style="list-style-type: none"> Beans, green Peas Lentils, green and brown, dried 						
Fruits											
<ul style="list-style-type: none"> Figs, dried Raisins Pineapple Apples Apricots Bananas Pears Strawberries Grapefruit Kiwi Cherries Mango Oranges Peaches Blackcurrants Watermelon Grapes Lemons 					 						
Nuts											
					<ul style="list-style-type: none"> Hazelnuts Peanuts, unprocessed Almonds Pistachios Walnuts 						
Herbs and vinegar											
 <ul style="list-style-type: none"> Parsley Basil Chives Cider vinegar Wine and Balsamic vinegar 											
Fats and oils											
 <ul style="list-style-type: none"> Butter Margarine Olive oil Sunflower oil 											
Sweet foods											
 <ul style="list-style-type: none"> Dark chocolate Ice cream, sorbets, mixed Ice cream, dairy ice cream, vanilla Honey Jam Milk chocolate Chocolate hazelnut spread Raw sugar, brown Madeira cake Sugar, white 											

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