**What are Alkaline Foods?**

It comes as no surprise that the foods people put in in their body reflect greatly on the overall quality of their life and how well they will feel throughout the day. Alkaline foodsare the staple foods in many diets around the world and the effects they have on the body are extremely beneficial to a person’s health.

**Acidic vs. Alkaline**

When a food is acidic, by definition it means that the latter has a pH level below 7. What that means, essentially, is that the food in question contains very little to no oxygen at all. Animal products such as eggs and fish are examples of acidic foods. Alkaline foods, on the other hand, are foods that contain great amount oxygen and are easily digested by the human body. Nuts, vegetables and fruits all belong to the alkaline category.

**Benefits of Alkaline Foods**

There are many benefits of alkaline foods. Many people decide to go on an alkaline diet as they wish to decrease the amount of effort the body spends in digesting acidic foods. Also, a diet that is rich in those foods helps balance the pH level in the human body. As our bodies need a pH level that is between 7.35 and 7.45 to function at its best, this basically means that humans are meant to eat more alkaline foods and less acidic foods.

**Lower the Risk of Diseases**

As it has been proven many times over the years, people who eat a diet rich in fruits and vegetables are less prone to get cancer and other diseases such as diabetes. A diet that is rich in acidic foods raises the pH level of the body which essentially increases the chance of developing such conditions. A human body with a high pH level is the perfect environment for cancer and others diseases to grow in. The ideal ratio is to eat 80% alkaline foods and 20% acidic foods.

**Types of Alkaline Foods**

So exactly what are alkaline foods? Most of the fruits and vegetables people encounter every day fit into that category. Alkalizing vegetables include cucumbers, lettuce, eggplants and celeries to name but a few. Fruits that have alkalizing effects include apples, grapes, strawberries and watermelon. Many proteins that vegetarians or vegans often eat also have alkalizing effects. Tofu and tempeh are good examples of such.

**The Best Kinds**

Leafy greens, especially spinaches, are without a doubt some of the best alkaline foods that people can put in their body. Spinach has a pH level of 9.0 and is considered to be the most nutritious food there is. Not only is spinach a wonderful source of iron – it is also rich in antioxidants, vitamin A, vitamin C, magnesium and several other nutrients. Watermelon also has a pH level of 9.0. The latter is rich in fiber and is a great source of vitamin C. Cantaloupes, papayas and mangoes all have a pH level of 8.5 and should be eaten frequently.

Alkaline foodscontinue to prove the important role they play in the diet of people. Eating healthy is often a life-saving decision for some people and with the recent rise of plant-based diets it is made easier than ever.