



[Home](#) / [Acid and Alkaline](#)

## Acid and Alkaline

It is necessary to make sure to consume foods that are naturally alkaline. I say “naturally alkaline” because there are artificial products such as ammonia that is alkaline but is very bad for the human body. Note: fruits like limes will show up as being acidic on a PH tester but become alkaline in the body. Just be sure that the foods you consume grow wild in nature and don't necessarily require the agency of humans to procreate.

ACIDIC

ALKALINE



### **COW MILK, GOAT MILK, SOYMILK, AND CHESTNUT MILK.**

Humans are supposed to drink human milk and likewise, animals milk are for the offspring that specific animal.



### **COW CHEESE, GOAT CHEESE AND ALL OTHER ANIMAL CHEESE.**

Readymade animal cheeses are packed with bacteria, parasites and germs.



### **CHICKEN, BEEF, GOAT, LAMB, SOY, ETC**

Flesh (meat) is not conducive to the biology of Melaninated people.



### **WHEAT PASTA, SEMOLINA AND DURUM WHEAT.**

Any pasta made with wheat or white rice should not be eaten.



### **WHITE RICE, BROWN RICE, YELLOW RICE**

White rice is one of the worst types of food anyone can eat, brown rice is not as bad but not ideal.



### **ALMOND MILK, WALNUT MILK, QUINOA MILK AND HEMP MILK**

Making your own homemade milk is always better than to get the store readymade milk.



### **ALMOND CHEESE, TAHINI SAUCE AND AVOCADO**

Homemade almond cheese is just as delicious as any other cheese. By making sauces with tahini and avocado (with lime) also gives a very nice cheese flavor.



### **MUSHROOMS**

Portabella mushrooms are wonderful substitute for chicken and other meat especially when you fry them.



### **SPELT, KAMUT, QUINOA**

These are the most common types of pastas but they are not the only ones.



### **BLACK RICE, WILD RICE, QUINOA**

These are the natural and original grains and therefore are the best for the original people.



### **COLLARD GREENS**

Collard greens are very common but they are hybrids.



### **WHITE FLOUR, WHEAT FLOUR, CORN FLOUR, AND MILLET FLOUR**

White flour, like white rice is very bad to eat.



### **GRITS AND OATS.**

Both of these grains are hybrids



### **WHITE SUGAR, BROWN SUGAR, SWEET AND LOW AND SPRULINA.**

These types of sweeteners are very detrimental to the body in every way you can possibly imagine.



### **ICEBERG LETTUCE.**

All other lettuce are good except for the Iceberg lettuce



### **LARGE TOMATOES**

Large tomatoes are genetically modified hybrids.



### **KALE, TURNIP GREENS, BABY SPINACH, CABBAGE AND CALLALOO**

Dinosaur kale and red kale are better but the common type you find in most supermarkets works just fine.



### **SPELT, KAMUT, TEFF, RYE AND AMARANTH.**

Spelt and Kamut are more common and also more similar in taste and texture as white flour.



### **AMARANTH**

All natural, very healthy and makes excellent cereal especially with coconut.



### **COCONUT PALM SUGAR, DATE SUGAR, MAPLE SYRUP GRADE B AND AGAVE.**

Any processed food is not 100% healthy but these types of sweeteners are still yet a much better option.



### **ROMAINE LETTUCE AND ALL THE OTHER LEAFY TYPES.**

Vegetables are very good for men's health.



### **CHERRY TOMATOES, GRAPE TOMATOES AND PLUM TOMATOES.**

All these tomatoes are natural.



**KIDNEY BEANS, LIMA BEANS AND BLACK EYED PEAS.**

Most peas and beans are hybrid.



**TABLE SALT**

High in iodine but not the natural kind; it is very detrimental to your health in every way you can imagine.



**YELLOW CORN**

Eating yellow corn once in a while is not detrimental but it is better to avoid it entirely.



**CHICKPEAS, BLACK BEANS AND NAVY BEANS.**

These are great substitutes but should still be eaten in moderation.



**SEA SALT, HIMALAYAN SALT AND BLACK SALT.**

Not because these salts are natural does mean you should be eating them in excess.



**PURPLE CORN**

This type is healthy and makes very delicious chips, which you can find in most supermarkets and convenient stores.

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