

## Simple Things

### Alkaline Breakfast Options

Your body is effective at keeping pH levels stable. Diet can temporarily shift your body's overall pH level. Some foods may make it slightly more acidic. Other foods may help keep it alkaline.

As a general rule, dairy (such as cow's milk), meat, poultry, fish and most grains are acid-forming foods. Most fruits and vegetables are alkaline-forming. A balanced diet should have more alkaline-forming foods.

Your body needs both acid-forming and alkaline-forming foods. Eating a balanced diet helps you get all the nutrients you need for good health.

There are plenty of choices when it comes to alkaline foods for breakfast. Protein sources such as eggs and tofu can both be scrambled or pan-fried with spinach or kale for a satisfying alkaline dish.

Another option is unsweetened yogurt topped with fresh coconut, almonds and flax seeds for a tasty change. Oranges, grapefruit, pineapple and watermelon are all alkaline fruits you can add your breakfast meal. Serve them with a cup of herbal tea or vegetable juice for a complete alkaline meal to start your day.

The pH scale ranges from 0 to 14:

- **7:** neutral (pure water has a pH of 7)
- **below 7:** acidic
- **higher than 7:** alkaline