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| **Atelier Energies et Santé –**  ***"Stratégies pour une santé optimale"*** |

**Liste des aliments alcalinisants et acidifiants**

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| ***F R U I T S*** | | | | | |
| ***Aliment*** | alcalinisant | acidifiant | ***Aliment*** | alcalinisant | acidifiant |

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| ***Fruits acides*** | | | ***Fruits séchés*** | | |
| Ananas | x | . | abricot | . | x |
| citron | x | . | banane mûre | x | . |
| clémentine | x | . | figue | x | . |
| grenade | x | . | poire | x | . |
| groseille | x | . | pomme | x | . |
| mandarine | x | . | pruneau | . | x |
| orange | . | x | raisin | x | . |
| pamplemousse | x | . | | | |
| . | | | | | |
| ***Fruits mi-acides*** | | | ***Fruits neutres*** | | |
| abricots | . | x | melon | x | . |
| cerise | x | . | pastèque | x | . |
| fraise | x | . | . | | |
| pêche | x | . | ***Fruits oléagineux*** | | |
| poire | x | . | amandes sêches | x | . |
| pomme | x | . | noisettes | . | x |
| prune | . | x | noix sêches | . | x |
| raisin | x | . | pistaches | . | x |
| tomate | x | . | . | . | . |
| . | | | | | |
| ***Fruits doux*** | | | . | | |
| banane | x | . |  |  |  |
| dattes | x | . |  |  |  |
| figues | x | . |  |  |  |
| pommes douces | x | . |  |  |  |
| raisin doux | x | . |  |  |  |

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| ***Légumes*** | | | | | |
| ***Aliment*** | alcalinisant | acidifiant | ***Aliment*** | alcalinisant | acidifiant |

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| ***Faiblement amidonnés*** | | | ***Moyennement amidonnés*** | | |
| asperges | . | x | artichaut | . | x |
| aubergine | x | . | betteraves | x | . |
| brocoli | x | . | carottes | x | . |
| cardon | x | . | celeri rave | x | . |
| champignon | x | . | choux de Bruxelles | . | x |
| chicorée | x | . | échalottes | x | . |
| choux | x | . | navet | x | . |
| choux-fleurs | x | . | oignon | . | x |
| ciboulette | x | . | panais | x | . |
| concombre | x | . | persil | x | . |
| cornichon | x | . | petits pois frais | x | . |
| courge | x | . | pissenlit | x | . |
| courgette | x | . | rutabaga | x | . |
| cresson | x | . | salsifis | x | . |
| endive | x | . | ***A amidon concentré*** | | |
| épinards | x | . | chataignes | x | . |
| haricots verts | x | . | pommes de terre | x | . |
| laitue | x | . | topinambour | x | . |
| mâche | x | . | . | | |
| oseille | . | x | ***Lipides*** | | |
| poireaux | x | x | avocat | x | . |
| poivrons doux | x | . | olive | x | . |
| potiron | x | . | . | | |
| radis | x | . | ***Glucides*** | | |
| rhubarbe | . | x | miel | . | x |
| scarole | x | . | . | | |

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| ***Aliments de compromis*** | | | | | |
| ***Aliment*** | alcalinisant | acidifiant | ***Aliment*** | alcalinisant | acidifiant |

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| ***Légumes secs*** | | | ***Produits laitiers*** | | |
| fèves | . | x | ***Lipides*** | | |
| haricots secs | . | x | beurre | . | x |
| lentilles sêches | . | x | crème fraiche | . | x |
| pois cassés | . | x | lait de vache | . | x |
| soja | x | . | lait humain | x | . |
| ***Céréales et dérivés*** | | | . | | |
| avoine | . | x | ***protéines maigres*** | | |
| blé complet | . | x | Caillé de lait sec | x | . |
| farine blanche | . | x | Fromage blanc | x | . |
| farine de maïs | . | x | Yaourt écrémé | x | . |
| farine d'avoine | . | x | . | | |
| fécule | . | x | ***protéines grasses*** | | |
| maïs | . | x | St. paulin | . | x |
| orge complète | x | . | conté | . | x |
| pain blanc | . | x | chèvre | . | x |
| pain complet | . | x | emmental | . | x |
| pâtes | . | x | gruyère | . | x |
| pommes de terre | . | x | . | | |
| riz complet | . | x | ***Oeufs*** | | |
| sarrazin | . | x | jaune | x | . |
| seigle complet | . | x | blanc | . | x |
| semoule | . | x | . | | |

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| ***Aliments de dégénérescence*** | | | | | |
| ***Aliment*** | alcalinisant | acidifiant | ***Aliment*** | alcalinisant | acidifiant |

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| ***Substances animales*** | | | | ***Divers*** | | |
| Viande de veau, boeuf | . | x | | alcools | . | x |
| coeur de boeuf | . | | x | cacao | . | x |
| cervelle | . | x | | condiments | . | x |
| crustacés | . | x | | épices | . | x |
| poissons | . | x | | pâtisseries | . | x |
| volailles | . | x | | sucre | . | x |

[**Retour sommaire**](http://www.ateliersante.ch/sommaire.htm) **-** [**Retour Acide-base**](http://www.ateliersante.ch/acide-base.htm)

http://www.ateliersante.ch/listaliments.htm