



# FOOD TABLE FOR **ACID-BASE BALANCE**

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**Basica®**

# WELCOME TO A NEW LEVEL OF WELL-BEING.

Welcome to Basica®.

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We are all seeking balance, equilibrium and overall well-being in our lives. To achieve these, we should not only follow our mind, but also listen to our gut feeling. Maintaining an alkaline-rich diet plays a key role here.

Use the food table on the reverse side to judge for yourself whether the many foods listed have an acid-producing or base-producing effect on your acid-base balance. The table is based on the PRAL Model (PRAL = Potential Renal Acid Load), which is recognized as the standard in nutrition science worldwide.

Foods with a negative value (in milliequivalents per 100 g) have a base-producing effect; foods with a positive value have an acid-producing effect.



## FUNDAMENTALS OF OUR INNER BALANCE.

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To effectively regulate all our body's biochemical processes, we need to ensure that our cells receive the right ratio of acids to bases.

Each metabolic process is controlled by enzymes, but these work most effectively only under certain conditions. One such condition is the pH value, which indicates the concentration of acids and bases. This is why the body keeps the pH value within each cell, the surrounding tissue, our organs and especially in our blood within a defined narrow range.

So our acid-base balance is an important precondition for many metabolic processes, such as converting the nutritional components protein, fat and carbohydrate into the building blocks of new cells as well as into energy.

To ensure our metabolism works smoothly, our bodies require a constant supply of alkaline minerals, which we get from food. This highlights the importance of nutrition in achieving and maintaining our acid-base balance.

If you would like to find out more about  
keeping your inner balance, please visit  
[www.basica.com](http://www.basica.com)

# AN ALKALINE-RICH DIET:

Enjoy achieving equilibrium.

What we eat influences our acid-base balance. Today, many people consume a lot of high-protein, acid-producing foods such as meat and meat products, fish, cheese, eggs, dairy products and cereal products. However, you do not have to avoid these foods entirely. What counts is that you also consume enough alkaline foods.

A good rule of thumb is for half of what is on your plate to be salad, vegetables and fruit. This includes fruit juice and dried fruits.

It is important that we enjoy what we eat. Keeping your balance can even lead you to discover new pleasures, like fresh herbs, new spices and seasonal vegetables.

## TIP

Drinking enough every day helps you maintain your acid-base balance. And there are plenty of options to choose from, including unsweetened fruit drinks, fruit teas and herbal teas.

# FINDING A NEW BALANCE THROUGH BASE FASTING.

To achieve an acid-base balance, nutritional experts recommend occasional base fasting, which involves purposely avoiding acid-producing foods for a certain period.

But no need to worry, base fasting has nothing to do with starving yourself. Instead, it is about deliberately choosing to eat predominantly alkaline foods.

Lamb's lettuce, rocket, fennel, carrots, potatoes, mushrooms, fruits, nuts and herbs are particularly suitable for base fasting.



# BALANCE SOMETIMES NEEDS A LITTLE HELP.

In an ideal world, we would always be able to maintain a varied and balanced diet, packed with fresh fruit and vegetables. But in the modern world, sticking to such a diet is a challenge – whether because we lack the time to carefully select and prepare the right foods, because we have intolerances to certain foods or simply because of the many temptations of “unhealthy” options. Incorporating Basica® into your diet can help offset these nutritional shortfalls.

Basica® contains carefully selected minerals and trace elements:

- Zinc contributes to a normal acid-base metabolism and a regular carbohydrates and fatty acids metabolism
- Magnesium reduces tiredness and fatigue and maintains a healthy psychological function. Together with calcium, it contributes to a normal energy-yielding metabolism
- Chromium supports a normal macronutrient metabolism while molybdenum supports the sulphur amino acid metabolism

## TIP

If your diet is designed to help you lose weight, it also makes sense to add in alkaline minerals. Especially when on a weight-loss diet, your body needs these because using up fat stores increases the production of keto acids. Too much acid can make it harder to break down fats, resulting in weight loss happening only very slowly, if at all.

# PUT YOUR LIFESTYLE TO THE TEST.

We want to help you keep your balance. So put your lifestyle to the test: With the help of this questionnaire, you can quickly find out whether your acid-base balance is still intact.

| 1. Do your meals often contain ...                     | Yes                      | No                       |
|--|--------------------------|--------------------------|
| Bread  | <input type="checkbox"/> | <input type="checkbox"/> |
| Pasta and rice   | <input type="checkbox"/> | <input type="checkbox"/> |
| Cheese   | <input type="checkbox"/> | <input type="checkbox"/> |
| Yogurt or quark  | <input type="checkbox"/> | <input type="checkbox"/> |
| Sausage or ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Meat   | <input type="checkbox"/> | <input type="checkbox"/> |
| Fish   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you eat low amounts of ...                       |                          |                          |
| Fruit  | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetables   | <input type="checkbox"/> | <input type="checkbox"/> |
| Salad  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you consume fizzy drinks or alcoholic beverages? |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you often on a diet?                            |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you often feel stressed?                         |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you often tired and lacking energy?             |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you feel tense and have trouble concentrating?   |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you get too little exercise?                     |                          |                          |
|  | <input type="checkbox"/> | <input type="checkbox"/> |

## SCORE:

If you answered more than 5 questions with “yes”, this may indicate that your acid-base balance is not as it should be.



# FIND YOUR INNER BALANCE.

Each person and each life is different. That is why we have developed more than one Basica®: Thanks to our large product family, you can find the Basica® that matches your particular needs. That way, you are sure to soon discover your own inner balance.

Discover your Basica® at [www.basica.com](http://www.basica.com)

## BASICA® VITAL

Alkaline granules  
Stirs into meals and is suitable  
for cooking and baking.

## BASICA® INSTANT

Alkaline drinking powder  
Quick-dissolving and with  
a fruity orange flavour.

## BASICA® PURE

Pure alkaline powder  
Dissolves in water or juice.



## BASICA® DIRECT

Alkaline direct granules  
Conveniently taken without water.  
Ideal for work and travel.

## BASICA® COMPACT

Alkaline tablets  
Practical daily serving taken  
at home or on the go.

# FOOD TABLE

## ALKALINE

Milliequivalents/100 g

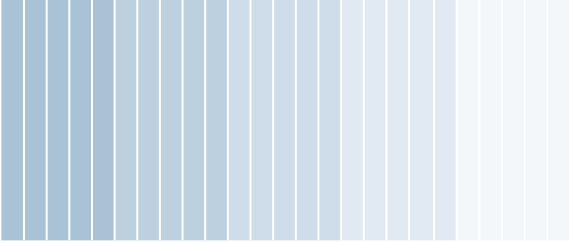
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|-----|-----|-----|----|--|
|-----|-----|-----|----|--|

### DRINKS



- Apple juice, unsweetened
- Beer, Pilsner
- Cola
- Espresso
- Vegetable juice (tomato, beetroot, carrot)
  - Coffee, filter
  - Cocoa, using milk (3.5%)
- Mineral water
- Orange juice, unsweetened
- Beetroot juice
  - Tea (green, black, fruit), infusion
  - Tea (herbal), infusion
- Tomato juice
- Wine, red
- Wine, white
- Lemon juice

### BREAD



- Graham bread
- Pumpernickel
- Rye bread
- Rye crackers
- Wholemeal bread
- White bread
- Wheat bread
- Rusks

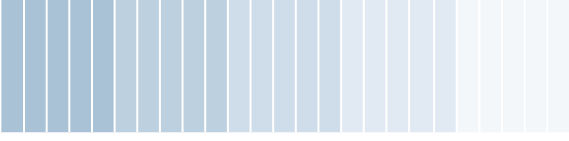


### CEREALS AND FLOUR

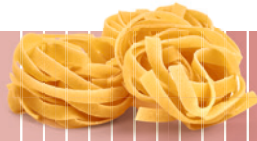


- Amaranth, seed
- Buckwheat, whole grain
- Cornflakes
  - Spelt, green spelt
- Barley, whole grain
  - Porridge oats
  - Millet, whole grain
- Corn, whole grain
- Rice, husked
  - Rice, unhusked
- Rye flour
- Wheat flour

### PASTA



- Egg noodles
- Spaghetti
  - Spaetzle
- Wholemeal spaghetti



### MILK, DAIRY PRODUCTS AND EGGS



- Buttermilk
- Butter cheese(50% fat in dry matter)
- Camembert
- Cheddar, reduced fat
- Egg yolk
- Egg white
- Cream cheese
- Fruit yogurt from whole milk
- Hard cheese
- Chicken eggs
- Cottage cheese, full-fat
- Kefir
- Evaporated milk
- Milk, low-fat 1.5%, whole milk 3.5%
- Whey
- Natural yogurt from whole milk
- Quark
- Cream
- Soft cheese, full-fat
- Parmesan
- Processed cheese, plain

### MEAT AND MEAT PRODUCTS



- Ham sausage
- Cervelat
- Corned beef
- Duck
- Processed meat
  - Goose
- Chicken
- Cooked sausage
- Veal
- Rabbit
- Lamb
- Liver
- Liver sausage
- Beef
- Salami
- Pork
- Turkey
- Frankfurters

| −20 | −15 | −10 | −5 |  |
|-----|-----|-----|----|--|
|-----|-----|-----|----|--|

### FISH AND SEAFOOD



- Eel, smoked
- Trout, steamed
- Halibut
- Herring
- Cod fillet
- Carp
- Prawns
- Salmon
- Mussels
- Redfish
- Sardines, in oil
- Haddock
- Sole
- Zander

### VEGETABLES

- Aubergines
- Cauliflower
  - Broccoli
- Chicory
- Iceberg lettuce
- Pickles
- Lamb's lettuce
- Fennel
- Kale
- Cucumbers
- Carrots
- Potatoes
  - Garlic
- Kohlrabi
- Lettuce
- Leek
- Peppers
- Mushrooms
- Radishes
- Brussels sprouts
- Rocket
  - Sauerkraut
- Celery
- Asparagus
- Spinach
- Tomatoes
- Courgettes
- Onions



### LEGUMES AND LEGUME PRODUCTS

- Beans, green
- Peas
- Lentils, green and brown, dried
- Soybeans
  - Soy milk
  - Tofu



### FRUIT

- Pineapple
- Apples
- Apricots
- Bananas
- Pears
- Strawberries
- Figs, dried
- Raisins
- Grapefruit
- Kiwi
- Cherries
- Mango
- Oranges
- Peaches
- Blackcurrants
  - Watermelons
- Grapes
- Lemons



### NUTS

- Hazelnuts
- Almonds
- Pistachios, untreated
- Walnuts



### HERBS AND VINEGAR

- Parsley
- Basil
- Chives
- Cider vinegar
- Wine vinegar, balsamic vinegar



### FATS AND OILS

- Butter
- Margarine
- Olive oil
- Sunflower oil



### SWEETS

- Dark chocolate
- Ice dessert, sorbet, mixed
  - Ice dessert, dairy ice cream, vanilla
- Honey
- Jam
  - Milk chocolate
- Hazelnut cocoa spread
- Cane sugar, brown
  - Pound cake
- Sugar, white



| −20 | −15 | −10 | −5 |  |
|-----|-----|-----|----|--|
|-----|-----|-----|----|--|

| 5 | 10 | 15 | 20 | 25 | 30 | 35 |
|---|----|----|----|----|----|----|
|---|----|----|----|----|----|----|

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**Basica®. The German original – The trusted choice of generations.**

## QUESTIONS OR FEEDBACK?

Visit **www.basica.com** for

- Interesting facts about the acid-base balance
- Product information about the Basica® range
- Our interactive acid-base test



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