

Quick Tips – Dairy #1

Source:

The Acid-Alkaline Diet for Optimum Health

By Christopher Vasey, N.D.

Whole milk, whether raw or pasteurized, is alkalizing but it becomes acidifying when it is sterilized, ultra-pasteurized, homogenized, and otherwise processed, because it then becomes increasingly difficult to metabolize.

Cheeses either with a hard or soft crust are acidifying. Their acidity increases in proportion to their fat content, their age, and how strong they are.

Cottage cheese and other soft, unripe cheeses are slightly alkalizing - - the fresher the better.