

Alkaline Diets



The Promise

It's a pitch Hollywood celebs love: that the alkaline diet -- also known as the alkaline ash diet or alkaline acid diet -- can help you lose weight and avoid problems like [arthritis](#) and [cancer](#). The theory is that some foods, like meat, wheat, refined sugar, and processed foods, cause your body to produce acid, which is bad for you.

So, according to the "science" behind this diet, eating specific foods that make your body more alkaline can protect against those conditions as well as shed pounds. The alkaline diet really rocketed into the news when Victoria Beckham tweeted about an alkaline diet cookbook in January 2013.

What You Can and Can't Eat

Most [fruits and vegetables](#), soybeans and tofu, and some nuts, seeds, and legumes are alkaline-promoting foods, so they're fair game.

Dairy, eggs, meat, most grains, and processed foods, like canned and packaged snacks and convenience foods, fall on the acid side and are not allowed.

Most books that tout the alkaline diet say you shouldn't have alcohol or [caffeine](#), either.

Level of Effort: High

You'll be cutting out a lot of foods you may be used to eating.

Limitations: Many foods are off-limits, and so are alcohol and [caffeine](#).

Cooking and shopping: You can get [fruits and vegetables](#) at the grocery store. It may take a while to learn how to prep and cook your meals when you use fresh foods.

In-person meetings: No.

[Exercise:](#) Not required.

Does It Allow for Restrictions or Preferences?

Vegetarians and vegans: This diet is mostly to become completely vegetarian. It also works for vegans, in that dairy is off-limits.

Gluten-free: The diet excludes wheat, but [to avoid gluten](#) completely, you'll need to check food labels carefully, as gluten is not just in wheat.

Besides wheat, the diet nixes most of the other major triggers for [food allergies](#), including milk, eggs, peanuts, walnuts, fish, and shellfish. It's also good for people who are trying to avoid fat and sugar.



