

Alkaline/Acid Food Chart

The following chart provides information as a guide to those who want to "adjust" their body pH with a focus on their diet. Using the Acid Alkaline pH scale 0-14, 7 being neutral, products registering below 7 on the scale are acidic and items above 7 fall into the alkaline range.

Your body constantly works towards maintaining the pH level of the blood in a slightly alkaline range 7.365. To keep your body in an alkaline state, you need to consume more alkaline foods than the acid foods. We have prepared the following food chart to be used every day as a guide while you are on your pH balancing journey.

This *general reference guide* identifies a large range of alkalising and acidifying foods. All produce/products listed have been graded, based on their effect on the body. The foods tested were sourced from the best possible organic growing conditions, had optimal product freshness and where preparation may have been necessary, (i.e. bread, butter) it was calculated based on a raw state, with no added chemicals.

"When foods are eaten they are oxidized in the body which results in the formation of a residue or ash. This residue, if the minerals sodium, potassium, calcium and magnesium predominate over sulfur, phosphorus, chlorine and uncombusted organic acid radicals, they are designated as alkaline ash foods. The converse of this is true for foods designated as acid ash."

Keep in mind: For any alkaline food that has been cooked, frozen or canned, sprayed with pesticides, processed with preservatives or prepared with sugar, drop down to the next level. (Fresh raw juices, chemical-free dried foods are excluded).

Remember, it is preferable to consume 60% to 80% of foods from the Alkaline side of the chart. But hey, the old motto "everything in moderation" works best. Living a healthy lifestyle practicing the Pareto Rule 80/20, (80% alkaline) is the optimal target.



Alfalfa X Almost all fresh raw VEGETABLES fall under the category alkaline and form the basis of an alkaline regime. They are the richest source of nutrients on the planet, are the richest source of nutrients on the planet, providing us with vitamins, minerals, fiber, enzymes, chorophyll, phytonutrients and alkaline salts that hel control the toxins within our body. Over cooking destroys some of these valuable nutrients, this is why you need to target at least 40% of your food as uncooked, increasing this intake to 70 - 80%, is optimal. Remember - think great big salads! Caprots X X Black Olives X Canned Vegetables X Court of these valuable nutrients, this is why you need to target at least 40% of your food as uncooked, increasing this intake to 70 - 80%, is optimal. Remember - think great big salads! Caprots X X Black Olives X Canned Vegetables X Corn X Frozen Vegetables X X Frozen Vegetabl	ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	High	ly Aci	dic→		
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- · · · · · · · · · · · · · · · · · · ·	digest – so juicing them is the prefe	rred op	tion.							
Plums X					• •					

ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	Highly Acidic→			
GRASSES				Pomegranate	Х			
Alfalfa grass	Х			Prunes	Х			
Barley grass	Х			Raspberries	Х			
Kamut grass	Х			Raisins	Х			
Wheat grass	Х			Strawberries	Х			
				Tangerine	Х			
FRUIT				Lemons and limes on the FRUIT sc	ale whe	n tested	d raw,	
Avocado (protein)	Х			appear acidic in nature. However,	tests sho	ow that	when	
Banana, unripe			Х	they are metabolized in the body the	ney hav	e an alk	alizing	
Cherry, sour			Х	effect, and their low sugar content makes them perfect				
Coconut, fresh			Х	when trying to alkaline bala	nce you	r body.		
Grapefruit, sour			Х					
Lemon		X		GRAINS				
Limes		X		Cornmeal		Χ		
Tomatoes		X		Couscous	Χ			
				Oatmeal	Χ			
Select GRAINS wisely as most gr				White Rice		X		
Whole grains are the best choice			they	Rice Brown	Х			
belong to the 20% of food	that is a	acidic.		Rye		Χ		
GRAINS				Wheat, wholegrain		X		
Buckwheat			Х	Wheatgerm	X			
Quinoa			Х					
Millet			Х	BEANS & LEGUMES				
Spelt			Х	Black Beans	X			
				Chick Peas	Х			
BEANS & LEGUMES				Kidney Beans	X			
Granulated soy (cooked, ground)		Х		Pinto Beans	Х			
Lentils			Х	Red Beans	Х			
Lima beans		Х		Split peas	Х			
Soybeans, fresh		Х		BEANS are very high in starch and				
Soy flour			Х	it's best to limit them to 20% of				
Soy lecithin, pure	X			your food.				
Soy nuts (soaked, then dried)	X							
Tofu			Х	NUTS & SEEDS				
White navy beans		Х		Cashews			Χ	
				Hazelnut	X			
NUTS & SEEDS				Pecans	Χ			
Almond		Х		Peanuts			X	
Almond butter, raw		X	.,	Peanuts butter			X	
Chestnuts			X	Pistachios			X	
Flax seeds			X	Walnuts		X		
Pine nuts	V		Х	DAIDY				
Pumpkin seeds	Х			DAIRY			.,	
Sesame seeds			X	Cheese, hard			Х	
Sunflower seeds			X	Cheese, soft	V	X		
Tahini, sesame butter			Х	Cream	Х		V	
				Eggs Goats chaosa		V	X	
				Goats cheese	Х	Х		
				Homogenized milk Ice cream	٨		Х	
				ice cream				

ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	High	Highly Acidic→			
Animal products are acid forming, with some being			Milk		Χ				
worse than others. When your body is in pH balance,				Yoghurt, sweetened		X			
you can eat 1 to 2 servings per day. If you are a meat				Yoghurt, unsweetened	X				
lover keeping meat consumptio									
recommended as the body takes a	_			MEAT, POULTRY, FISH					
to digest. All the good energy we a				Beef			X		
best" is used by the body to dig however, you find yourself in an aci				Chicken		X			
		•	•	Duck			X		
want to keep these at a minimum, or omit them all together for the time being. Make sure you also include				Fish, farm raised			X		
plenty of alkalizing ve	-	u u.50	ciaac	Fresh water fish, wild	Х				
MEAT & DAIRY ALTERNATIVES	200.221			Lamb			Х		
Almonds		Х		Liver or other organ meats			X		
Almond milk, fresh		Х		Ocean fish, wild		Χ			
Avocado	Х	,		Oysters			Х		
Soya milk, fresh			Χ	Sardines (canned)			X		
Tempeh , fermented			Х	Shell fish			X		
Tofu, fermented			Х	Tuna (canned)			Х		
Other ALTERNATIVES include				Turkey		Χ			
beans, legumes, nuts and seeds				Veal			Χ		
, .g,,,									
FATS, OILS & CONDIMENTS				FATS, OILS &					
Avocado oil			Х	CONDIMENTS PLUS					
Bragg Liquid Aminos			X	Butter	Х				
Coconut oil, raw			X	Canola Oil	X				
Evening Primrose Oil			X	Carob	^		X		
Flax seed oil			X	Cocoa			X		
Olive Oil			X	Grape seed oil	Х		^		
Sesame Oil			X	Jams	^		X		
Sesame On			^	Ketchup		X	^		
SPICES & SEASONINGS				Malt			Х		
Cayenne pepper		Х		Margarine	Х		^		
Celtic salt	Χ	^		Mayonnaise	^	Χ			
Cinnamon	^	Х		MSG		^	Х		
Ginger		X		Mustard			X		
Herbs, most		X		Sunflower oil	Х		^		
Parsley	Χ	_ ^		Soy sauce	^		Х		
Pepper, red		Х		Table salt		Χ	Α		
Sea Salt		X		Vinegar		Α	Х		
Spices, most		X		Vinegai			Α		
Spices, most		^							
CINADI E CADDOLIVODATEC d CLIC	ADC bas			BREADS, PASTA, CEREALS					
SIMPLE CARBOHYDRATES and SUGARS have a negative effect on the body rendering them acidic forming. BREADS, PASTA, CEREALS Cereals, unrefined & unsweetened						Χ			
*Microforms (definition, see below) love all sugars Corn Tortillas						7.	Х		
including natural sugars from fruit.	-	_		Crackers, wholegrain		Х			
include white rice, corn, white flour and anything made			Pasta, wholemeal		X				
from the basic substances (i.e.				Rye bread		X			
"Microforms ferments sugar in our bodies that we would			Sourdough bread		X				
otherwise use for energy and then emit acid waste as a			Wholegrain bread		X				
result." by Dr Rober				Refined bread, pasta or cereal		,	Х		

ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	Highly Acidic→			
ARTIFICIAL SWEETNERS are highly a recommended. Xylitol, stevi	SUGARS, SWEETS & SWEETENERS							
recommended as safe replacements for cane sugar and				Artificial sweeteners			Х	
artificial sweeten	ers.			Barley malt syrup		Χ		
SWEETENERS				Brown rice syrup		Χ		
Chicory			Х	Chocolates			Х	
Stevia			Х	Fructose		Х		
				Honey		Х		
BEVERAGES & DRINKS				Maple Syrup		Χ		
Almond milk, fresh		Х		Molasses			Х	
Ginger tea		Х		Sugar (white)			Х	
Ionised alkaline water	Χ			Sugarcane			Х	
Tea (herbal, green)		Х						
Vegetable green juices, fresh	X			BEVERAGES & DRINKS				
				Alcohol			Χ	
				Beer			Х	
SPROUTS are full of vitamins, mir	Coffee			Х				
proteins, sprouts are just about th	Coffee substitute drinks	Х						
eat. They are living plant foods	eat. They are living plant foods that are biogenic –				Χ			
meaning they can transfer their				Fruit juice, sweetened			X	
Seeds become more alkaline as the		t, and s	prouts	Soda/Pop, homemade		Х		
are packed with enz	ymes.			Soft Drinks			X	
				Tea (black)		Χ		
SPROUTS				Water (sparkling)		Χ		
All sprouted seeds, nuts & grains	Χ			Water (spring)	X			
				Wine		Х		
MINERALS								
Cesium: ph 14	Χ			CHEMICALS				
Potassium: ph 14	Χ			Chemicals			Χ	
Sodium: ph 14	Χ			Pesticides			Χ	
Calcium: ph 12	Χ			Herbicides			Χ	
Magnesium: ph 9	Χ			Tobacco			Χ	
•								

Several foods are considered neutral, keep in mind that processing, preservatives and additives reduce the alkaline/acid value rendering it acidic.

Apple Cider Vinegar
Basmati rice
Brazil nuts
Coconut oil, raw
Goats milk, fresh raw (if you would like to drink milk this is the best choice)

Goji Berries Rice Milk Watermelon Whey protein powder Xylitol

^{*}Microforms: Within our bodies, live a plague of microforms, including yeasts, fungus, molds as well as bacteria and viruses. In an acidic environment, they get a free rein to bread down tissues and body processes. They live on glucose, which they use for energy, growth and development – depriving us of valuable energy, essential nutrients and create havoc within our bodies.