

## ALKALINE / ACIDIC FOOD CHARTS

### The Right Balance of Acid / Alkaline Foods Create the Right pH Levels

The charts below provide a list of foods and the impact they have on the body's pH levels. The pH scale is from low to high. These charts are only a **general guide** to alkalizing and acidifying foods.

A surprising number and variety of physical problems and diseases are caused by the problem of foods that are acid producing after digestion. Today, the vast majority of the populace in industrialized nations suffers from problems caused by acidosis, because modern lifestyles and diets promote acidification of the body.

The current typical Western diet is largely composed of acid-forming foods (proteins, cereals, sugars). Alkaline-producing foods such as vegetables are eaten in much smaller quantities. Stimulants like tobacco, coffee, tea, and alcohol are also extremely acidifying. Stress and physical activity (either insufficient or excessive amounts) also cause acidification.

Traditional medicine does not focus on a pH balance approach to health and offers few solutions to pH balance. Naturopathic alternative medicine on the other hands recognizes that diet makes a huge impact on pH balance and that careful attention should be paid to this area of our lives.

Many foods are alkaline-producing by nature, but manufactured processed foods are mostly acid producing. It is important to consume at least 60% alkaline-producing foods in our diet, in order to maintain health. We need plenty of fresh fruits and particularly vegetables (alkaline-producing) to balance our necessary protein intake (acid producing). In addition, we need to avoid processed, sugary or simple-carbohydrate foods, not only because they are acid producing but also because they raise blood sugar level too quickly (high glycemic index therefore fattening); plus they tend to be nutrient lacking and may be toxic too.

### Know Your pH Level

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

- **Urine pH**

The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control the acid level. If acid levels are too high, the body will not be able to excrete acid. It must either store the acid in body tissues (autotoxication) or buffer it—that is, borrow minerals from organs, bones, etc. in order to neutralize acidity.

- **Saliva pH**

You'll also want to test the pH of your saliva. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

LEARN WHAT FOODS CONTRIBUTE TO ACIDITY  
THEN INTRODUCE FOODS THAT PROVIDE BALANCE  
**YOUR BODY WILL REWARD YOUR EFFORTS**

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
<b>Breads</b>	Biscuits		X				
Breads	Cookies	X					
Breads	Corn Pasta						
Breads	Corn Tortillas		X				
Breads	Pasta		X				
Breads	Pastries Cakes	X					
Breads	Rye Bread			X			
Breads	Sourdough Bread		X				
Breads	White biscuit			X			
Breads	White Bread		X				
Breads	Whole Grain Bread			X			
Breads	Whole Meal Bread			X			
Breads	Whole Wheat Pasta			X			
<b>Condiments</b>	Ketchup		X				
Condiments	Mayonnaise		X				
Condiments	Miso		X				
Condiments	Mustard		X				
Condiments	Soy sauce		X				
<b>Dairy</b>	Almond Butter (skin)					X	
Dairy	Almond Litter (raw)				X		
Dairy	Almond Milk (unsweetened)				X		
Dairy	Butter			X			
Dairy	Buttermilk			X			
Dairy	Camembert		X				
Dairy	Cheese (all varieties, from all milks)		X				
Dairy	Cheese (processed)	X					
Dairy	Cottage Cheese			X			
Dairy	Cream			X			
Dairy	Dairy Probiotic Cultures					X	
Dairy	Egg whites			X			
Dairy	Eggs (whole)		X				
Dairy	Goat's Cheese (soft)				X		
Dairy	Goat's Milk				X		
Dairy	Ice Cream		X				
Dairy	Milk (homogenized)			X			
Dairy	Milk (not pasteurized)			X			
Dairy	Milk (pasteurized)		X				
Dairy	Paneer (cheese)		X				
Dairy	Parmesan	X					
Dairy	Quark		X				
Dairy	Rice Milk (unsweetened)			X			
Dairy	Soy Cheese				X		
Dairy	Soy Milk (unsweetened)			X			
Dairy	Whey				X		
Dairy	Whey Protein (isolate powder)					X	
Dairy	Yoghurt (sweetened)	X					
Dairy	Yoghurt (unsweetened)			X			

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
Beverages & Drinks	Beer	X					
Beverages & Drinks	Beer (draft)				X		
Beverages & Drinks	Beer (dark stout)				X		
Beverages & Drinks	Chamomile					X	
Beverages & Drinks	Cocoa			X			
Beverages & Drinks	Coffee	X					
Beverages & Drinks	Coffee Black (organic)				X		
Beverages & Drinks	Coffee Decaf			X			
Beverages & Drinks	Coffee Substitute Drinks			X			
Beverages & Drinks	Electron-Rich Alkaline Water						X
Beverages & Drinks	Fruit juice (natural)			X			
Beverages & Drinks	Fruit juice (sweetened)	X					
Beverages & Drinks	Ginger Tea				X		
Beverages & Drinks	Lemon Water						X
Beverages & Drinks	Liquor	X					
Beverages & Drinks	Matcha Green Tea (finely-powdered <i>green tea</i> used particularly in the Japanese <i>tea</i> ceremony)					X	
Beverages & Drinks	Plasma Activated Water (PAW)						X
Beverages & Drinks	Rooibos ( <i>Rooibos</i> tea, bush tea (esp. southern Africa))					X	
Beverages & Drinks	Soda / Pop	X					
Beverages & Drinks	Tea (black)	X					
Beverages & Drinks	Tea (green)					X	
Beverages & Drinks	Tea (herbal, green)				X		
Beverages & Drinks	Water Distilled				X		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				X		
Beverages & Drinks	Water Ionized					X	
Beverages & Drinks	Water Ozonated (In Russia and Cuba, <i>ozonated water</i> is used to treat many types of intestinal & gynecological problems including ulcerative colitis.)					X	
Beverages & Drinks	Water (sparkling)		X				
Beverages & Drinks	Water (spring)			X			
Beverages & Drinks	Wine		X				
Beverages & Drinks	Wine (dry red)				X		
<b>Fats &amp; Oils</b>							
Fats & Oils	Black Currant Oil					X	
Fats & Oils	Borage Oil				X		
Fats & Oils	Butte			X			
Fats & Oils	Canola Oil			X			
Fats & Oils	Coconut Oil (raw)				X		
Fats & Oils	Cod Liver Oil				X		
Fats & Oils	Corn Oil			X			
Fats & Oils	Evening Oil				X		
Fats & Oils	Flax Seed Oil				X		
Fats & Oils	Grape Seed Oil			X			
Fats & Oils	Hemp Oil				X		
Fats & Oils	Lard			X			
Fats & Oils	Margarine			X			
Fats & Oils	Marine Lipids				X		
Fats & Oils	Olive Oil				X		
Fats & Oils	Olive Oil (extra virgin)					X	
Fats & Oils	Primrose Oil					X	
Fats & Oils	Safflower Oil			X			
Fats & Oils	Sea Buckthorn Oil				X		
Fats & Oils	Sesame Oil				X		

Food Category	Food	Rating				
		← Acidic ----- Alkaline →				
Fats & Oils	Sunflower Oil				X	
Fruits	Arai Berry			X		
Fruits	Apples				X	
Fruits	Apricots			X		
Fruits	Apricots			X		
Fruits	Apricots (dried)			X		
Fruits	Avocado (protein)					X
Fruits	Banana (ripe)			X		
Fruits	Banana (unripe)				X	
Fruits	Black Currant				X	
Fruits	Blackberries			X		
Fruits	Blueberry			X		
Fruits	Cantaloupe			X		
Fruits	Cherry (sour)				X	
Fruits	Cherry (sweet)			X		
Fruits	Clementine's			X		
Fruits	Coconut (fresh)				X	
Fruits	Cranberry			X		
Fruits	Currant			X		
Fruits	Dates				X	
Fruits	Dates (dried)			X		
Fruits	Fig juice powder			X		
Fruits	Figs (dried)					X
Fruits	Figs (raw)				X	
Fruits	Goji Berries			X		
Fruits	Gooseberry (ripe)			X		
Fruits	Grapefruit				X	
Fruits	Grapes (ripe)				X	
Fruits	Italian Plum			X		
Fruits	Lemons (fresh)				X	
Fruits	Kiwi				X	
Fruits	Limes				X	
Fruits	Mandarin Orange		X			
Fruits	Mango				X	
Fruits	Olives				X	
Fruits	Orange			X		
Fruits	Nectarines			X		
Fruits	Papaya				X	
Fruits	Peach				X	
Fruits	Pear				X	
Fruits	Pineapple			X		
Fruits	Plums			X		
Fruits	Pomegranate		X			
Fruits	Raisins					X
Fruits	Raspberry		X			
Fruits	Red currant			X		
Fruits	Rose Hips		X			
Fruits	Strawberries				X	
Fruits	Tangerine			X		
Fruits	Tomato					X
Fruits	Watermelon				X	
Fruits	Yellow Plum			X		

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
Grains & Legumes	Amaranth (grain)				X		
Grains & Legumes	Buckwheat				X		
Grains & Legumes	Bulgur Wheat			X			
Grains & Legumes	Couscous			X			
Grains & Legumes	Granulated Soy (cooked, ground)					X	
Grains & Legumes	Kamut				X		
Grains & Legumes	Kidney Beans			X			
Grains & Legumes	Lentils				X		
Grains & Legumes	Lima beans					X	
Grains & Legumes	Millet				X		
Grains & Legumes	Navy Beans (white)		X				
Grains & Legumes	Oats			X			
Grains & Legumes	Pinto Beans		X				
Grains & Legumes	Quinoa				X		
Grains & Legumes	Rice Basmati			X			
Grains & Legumes	Rice Brown		X				
Grains & Legumes	Rice White		X				
Grains & Legumes	Rice Wild				X		
Grains & Legumes	Rye Bread			X			
Grains & Legumes	Soy Flour				X		
Grains & Legumes	Soy Lecithin (pure)						X
Grains & Legumes	Soy Nuts (soaked soy beans, then dried)						X
Grains & Legumes	Soybeans (fresh)					X	
Grains & Legumes	Soybeans (green)			X			
Grains & Legumes	Spelt				X		
Grains & Legumes	Tofu				X		
Grains & Legumes	Wheat		X				
Grasses & Sprouts	Alfalfa Grass						X
Grasses & Sprouts	Barley Grass						X
Grasses & Sprouts	Dog Grass						X
Grasses & Sprouts	Kamut grass						X
Grasses & Sprouts	Shave Grass						X
Grasses & Sprouts	Seaweed (dulse, kelp, laver. etc)				X		
Grasses & Sprouts	Soy Sprouts						X
Grasses & Sprouts	Sprouts (general)						X
Grasses & Sprouts	Sprouted Seeds (all kinds)						X
Grasses & Sprouts	Straw Grass						X
Grasses & Sprouts	Wheat Grass						X
Meat, Poultry & Fish	White (navy) Hearts					X	
Meat, Poultry & Fish	Beef	X					
Meat, Poultry & Fish	Buffalo		X				
Meat, Poultry & Fish	Chicken		X				
Meat, Poultry & Ash	Duck		X				
Meat, Poultry & Ash	Fish Oil Wild (ultra-pure omega3 CLA)					X	
Meat, Poultry & Fish	Fresh Water Fish		X				
Meat, Poultry & Fish	Lamb		X				
Meat, Poultry & Fish	Liver			X			
Meat, Poultry & Fish	Lobster	X					
Meat, Poultry & Fish	Ocean Fish		X				
Meat, Poultry & Fish	Organ Meats			X			
Meat, Poultry & Fish	Oysters			X			
Meat, Poultry & Fish	Pork	X					

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
Meat, Poultry & Fish	Sardines (canned)	X					
Meat, Poultry & Fish	Seafood (general)			X			
Meat, Poultry & Fish	Tuna (canned)	X					
Meat, Poultry & Fish	Turkey			X			
Meat, Poultry & Fish	Veal	X					
Meat, Poultry & Fish	Venison			X			
Meat, Poultry & Fish	Wild Duck			X			
Meat, Poultry & Fish	Wild Salmon	X					
<b>Misc</b>	Baking Soda					X	
Misc	Bee Pollen				X		
Misc	Carob					X	
Misc	Canned Foods		X				
Misc	Cereals (like Kellogg's etc)		X				
Misc	Hemp Protein Powder				X		
Misc	Hummus			X			
Misc	Microwave Foods		X				
Misc	Soy Protein Powder			X			
Misc	Tempeh			X			
Misc	Vinegar Apple Cider					X	
Misc	Vinegar Balsamic		X				
Misc	Vinegar Rice			X			
Misc	Vinegar White	X					
Misc	Whey Protein Powder			X			
<b>Nuts &amp; Seeds</b>	Almonds				X		
Nuts & Seeds	Almonds (skin)					X	
Nuts & Seeds	Barley			X			
Nuts & Seeds	Brazil Nuts				X		
Nuts & Seeds	Caraway Seeds				X		
Nuts & Seeds	Cashews			X			
Nuts & Seeds	Chestnuts				X		
Nuts & Seeds	Cumin Seeds				X		
Nuts & Seeds	Fennel Seeds				X		
Nuts & Seeds	Filberts			X			
Nuts & Seeds	Flax Seeds				X		
Nuts & Seeds	Hazelnut				X		
Nuts & Seeds	Hemp Seeds				X		
Nuts & Seeds	Macadamia Nuts (raw)				X		
Nuts & Seeds	Peanut Butter (raw, organic)		X				
Nuts & Seeds	Peanuts		X				
Nuts & Seeds	Pecans		X				
Nuts & Seeds	Pine Nuts (raw)				X		
Nuts & Seeds	Pistachios		X				
Nuts & Seeds	Popcorn			X			
Nuts & Seeds	Pumpkin Seeds				X		
Nuts & Seeds	Sesame Seeds				X		
Nuts & Seeds	Sunflower Seeds			X			
Nuts & Seeds	Walnuts		X				
Nuts & Seeds	Wheat Kernel		X				
<b>Roots</b>	Carrot				X		
Roots	Fresh Red Beets					X	
Roots	Kohlrabi				X		

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
Roots	Potatoes				X		
Roots	Red Radish					X	
Roots	Rutabaga				X		
Roots	Summer Black Radish						X
Roots	Sweet Potatoes			X			
Roots	Turnip				X		
Roots	White Radish (spring)				X		
Roots	Yams				X		
<b>Spices, Herbs &amp; Season</b>							
Spices, Herbs & Season	Ashwagandha (Indian Ginseng)						X
Spices, Herbs & Season	Astragalus				X		
Spices, Herbs & Season	Baking Soda (sodium bicarbonate)						X
Spices, Herbs & Season	Basil					X	
Spices, Herbs & Season	Black Pepper	X					
Spices, Herbs & Season	Brewer's & Nutritional Yeast	X					
Spices, Herbs & Season	Carob			X			
Spices, Herbs & Season	Cayenne						X
Spices, Herbs & Season	Celtic Sea Salt						X
Spices, Herbs & Season	Cinnamon					X	
Spices, Herbs & Season	Cocoa			X			
Spices, Herbs & Season	Curry				X		
Spices, Herbs & Season	Dill					X	
Spices, Herbs & Season	Echinacea				X		
Spices, Herbs & Season	Ginger					X	
Spices, Herbs & Season	Ginkgo Biloba						X
Spices, Herbs & Season	Gotu Kola						X
Spices, Herbs & Season	Herbs (most)				X		
Spices, Herbs & Season	Kola Nut				X		
Spices, Herbs & Season	Licorice Root					X	
Spices, Herbs & Season	Maca Root				X		
Spices, Herbs & Season	Milk Thistle				X		
Spices, Herbs & Season	Mint					X	
Spices, Herbs & Season	Miso (Japanese seasoning)						X
Spices, Herbs & Season	MSG	X					
Spices, Herbs & Season	Mustard Powder				X		
Spices, Herbs & Season	Natto						X
Spices, Herbs & Season	Nutmeg		X				
Spices, Herbs & Season	Oregano					X	
Spices, Herbs & Season	Parsley						X
Spices, Herbs & Season	Peppermint					X	
Spices, Herbs & Season	Rhodiola					X	
Spices, Herbs & Season	Siberian Ginseng					X	
Spices, Herbs & Season	Suma				X		
Spices, Herbs & Season	Table Salt (Great Salt Lake)						X
Spices, Herbs & Season	Table Salt			X			
Spices, Herbs & Season	Tahini (Sesame paste)			X			
Spices, Herbs & Season	Tamari				X		
Spices, Herbs & Season	Turmeric					X	
Spices, Herbs & Season	Vanilla		X				
<b>Sweets &amp; Sweeteners</b>							
Sweets & Sweeteners	Agave Nectar			X			
Sweets & Sweeteners	Alcohol Sugars (xylitol and the other sacharides)		X				
Sweets & Sweeteners	Artificial Sweeteners	X					
Sweets & Sweeteners	Beet Sugar		X				

Food Category	Food	Rating					
		← Acidic ----- Alkaline →					
Sweets & Sweeteners	Chocolates		X				
Sweets & Sweeteners	Dr Bronner's Barley Malt Sweetener			X			
Sweets & Sweeteners	Dried Sugar Cane Juice			X			
Sweets & Sweeteners	Fructose		X				
Sweets & Sweeteners	Fructose-High Corn Syrup		X				
Sweets & Sweeteners	Halva (ground sesame seed, sweet)		X				
Sweets & Sweeteners	Honey (processed)			X			
Sweets & Sweeteners	Honey (raw)				X		
Sweets & Sweeteners	Jam		X				
Sweets & Sweeteners	Jelly Royal				X		
Sweets & Sweeteners	Milk Sugar			X			
Sweets & Sweeteners	Molasses		X				
Sweets & Sweeteners	Molasses Blackstrap (unsulfured)					X	
Sweets & Sweeteners	Stevia					X	
Sweets & Sweeteners	Sugar (brown)		X				
Sweets & Sweeteners	Sugar (white)		X				
Sweets & Sweeteners	Sugar (raw)				X		
Sweets & Sweeteners	Sugarcane		X				
Sweets & Sweeteners	Syrup Barley Malt			X			
Sweets & Sweeteners	Syrup Brown Rice			X			
Sweets & Sweeteners	Syrup Corn		X				
Sweets & Sweeteners	Syrup Maple				X		
Sweets & Sweeteners	Syrup Rice				X		
Sweets & Sweeteners	Turbinado Sugar			X			
Sweets & Sweeteners	Xylitol		X				
<b>Vegetables</b>	<b>Alfalfa</b>					X	
Vegetables	Artichokes				X		
Vegetables	Asparagus				X		
Vegetables	Aubergine / Egg Plants				X		
Vegetables	Basil				X		
Vegetables	Beets					X	
Vegetables	Beet Root				X		
Vegetables	Bell Peppers / Capsicums (all colors)				X		
Vegetables	Blue-Green Algae			X			
Vegetables	Bok Choy				X		
Vegetables	Broccoli						X
Vegetables	Brussels Sprouts				X		
Vegetables	Cabbage Lettuce (fresh)					X	
Vegetables	Canned Vegetables		X				
Vegetables	Carrots					X	
Vegetables	Cauliflower				X		
Vegetables	Cayenne Pepper					X	
Vegetables	Celery					X	
Vegetables	Chives				X		
Vegetables	Cilantro					X	
Vegetables	Comfrey				X		
Vegetables	Cooked Vegetables (all kinds)			X			
Vegetables	Corn (fresh)				X		
Vegetables	Corn (sweet)				X		
Vegetables	Cucumber (fresh)						X
Vegetables	Dandelion						X
Vegetables	Endive (fresh)					X	
Vegetables	French Cut (green) Beans					X	



Food Category	Food	Rating				
		← Acidic ----- Alkaline →				
Vegetables	Frozen Vegetables		X			
Vegetables	Garlic					X
Vegetables	Ginger					X
Vegetables	Ginseng				X	
Vegetables	Green Beans					X
Vegetables	Green Cabbage (December)				X	
Vegetables	Green Cabbage (March)				X	
Vegetables	Horse Radish				X	
Vegetables	Jicama					X
Vegetables	Kale					X
Vegetables	Lamb's lettuce				X	
Vegetables	Leeks (bulbs)				X	
Vegetables	Lettuce				X	
Vegetables	Mushrooms			X		
Vegetables	Mustard Greens				X	
Vegetables	Onion				X	
Vegetables	Oregano					X
Vegetables	Parsnips				X	
Vegetables	Peas (fresh)				X	
Vegetables	Peas (ripe)				X	
Vegetables	Peppers				X	
Vegetables	Pickled Vegetables	X				
Vegetables	Potatoes (see roots)				X	
Vegetables	Pumpkins (raw)				X	
Vegetables	Raw Onions				X	
Vegetables	Raw Spinach					X
Vegetables	Red Cabbage				X	
Vegetables	Rhubarb Stalks				X	
Vegetables	Savoy Cabbage				X	
Vegetables	Vegetables				X	
Vegetables	Sorrel					X
Vegetables	Sauerkraut		X			
Vegetables	Spinach (March)				X	
Vegetables	Spinach (other than March)					X
Vegetables	Spinach (cooked)				X	
Vegetables	Squash (all kinds, raw)				X	
Vegetables	Thyme				X	
Vegetables	Tomatoes (puree)				X	
Vegetables	Tomatoes (raw)				X	
Vegetables	Tomatoes (sundried)				X	
Vegetables	Vegetable Juices					X
Vegetables	Watercress				X	
Vegetables	White Cabbage				X	
Vegetables	Yeast			X		
Vegetables	Zucchini				X	

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