

ACID/ALKALINE FORMING FOOD LIST

Your body pH affects everything...

Balancing the pH is a major step toward well-being and greater health.

The pH scale is from 0 - 14

Healthy = 7.35 - 7.45 Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur. An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death. The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming.

One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle. To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts. Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes. Shifting Your pH Toward Alkaline... This chart is for those trying to "adjust" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. Balance is Key !!!

The following chart is intended only as a general guide to alkalizing and acidifying foods.

ALKALINE FOODS

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beet Greens
Beets
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

ALKALIZING SWEETENERS

Stevia
Xylitol

ALKALIZING SPICES & SEASONINGS

Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)
Miso
Mustard
Sea Salt
Tamari

ALKALIZING OTHER

Aquanutria coral calcium
Alkaline Antioxidant Water
Apple Cider Vinegar
Bee Pollen
Fresh Fruit Juice
Green Juices
Lecithin Granules
Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Veggie Juices
Raw Milk

ALKALIZING MINERALS

Calcium: pH 12
Cesium: pH 14
Magnesium: pH 9
Potassium: pH 14
Sodium: pH 14
Sodium Bicarbonate: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

UNKNOWN: There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts
Brussel Sprouts
Buckwheat
Cashews
Chicken
Corn
Cottage Cheese
Eggs
Flax Seeds
Green Tea
Herbal Tea
Honey
Kombucha
Lima Beans
Maple Syrup
Milk
Nuts
Organic Raw Milk (unpasteurized)
Potatoes
WhitePumpkin Seeds
Quinoa
Sauerkraut
Soy Products
Sprouted Seeds
Squashes
Sunflower Seeds
Tomatoes
Yogurt

ACIDIC FOODS

ACIDIFYING VEGETABLES

Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth
Barley
Bran, oat
Bran, wheat
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Hemp Seed Flour
Kamut
Macaroni
Noodles
Oatmeal
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spaghetti
Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas

Green Peas
Kidney Beans
Lentils
Pinto Beans

Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk
Processed Milk (pasteurized)

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon

Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Avocado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Mustard
Pepper
Soft Drinks
Vinegar
Pizza
Hamburgers
Fried foods

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING LIQUIDS

Beer: pH 2.5
Coca-Cola: pH 2
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

Here's a chart that ranks foods from most alkaline to most acidic.

RANKED FOODS – ALKALINE TO ACIDIC

Extremely Alkaline
Lemons, watermelon.

Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable).

Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

Slightly Alkaline

Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice).

Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).

Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulfured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

MORE RANKED FOODS: ALKALINE TO ACIDIC

Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

Very Low Alkaline Forming Foods Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

Neutral pH 7.0 — Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

A LIST OF ACID / ALKALINE FORMING FOODS

Alkaline: Meditation, Prayer, Peace, Kindness & Love

Acid: Overwork, Anger, Fear, Jealousy & Stress

Extremely Alkaline Forming Foods - pH 8.5 to 9.0

9.0 Lemons 1, Watermelon 2

8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds

Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8

Extremely Acid Forming Foods - pH 5.0 to 5.5

5.0 Artificial sweeteners
5.5 Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white, wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40
Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed). Butter (fresh unsalted), Cream (fresh and raw), Margarine 26, Milk (raw cow's) 27, Oils (except olive), Whey (cow's), Yogurt (plain)

Moderate Alkaline - pH 7.5 to 8.0

8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, Flour 10, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12, Spinach 7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage, Cauli, Carob 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash 14, Sweet corn (fresh), Tamari 15, Turnip, Vinegar (apple cider) 16

Moderate Acid - pH 6.0 to 6.5

Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods 32, Wine 33, Yogurt (sweetened) 6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

Slightly Alkaline to Neutral pH 7.0

7.0 Almonds 17, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe 18, Onions, Pickles 19, (home made), Radish, Sea salt 20, Spices 21, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft

cooked), Essene bread 22, Goat's milk and whey (raw) 23, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) 24, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains 25, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

Slightly Acid to Neutral pH 7.0

7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) 31, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) 28, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo)29, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums 30, Prunes 30, Spelt

NOTE: Match with the numbers above

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 1½ years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.

25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.