

pH Food Chart

This chart reflects the particular food's impact to the pH balance in the human body which may or may not reflect direct pH value of the food itself. For example, though lemon and limes are chemically acids, when metabolized in the body they have an alkalizing effect and are very beneficial.



VEGETABLES Raw Spinach

Alfalfa Sprouts

Brussels Sprouts

Mustard Greens Green Grasses Asparagus Raw

Kale Raw Raw Swiss Chard Fermented Vegetables

Broccoli Raw Kimchi

FRUITS Fresh Lemons Watermelon

ALKALLINE Water (IONIZER 9.0 to 10.0 pH)



VEGETABLES

Artichokes **Sweet Potatoes** Parsley Red Cabbage

Eggplant Asparagus Kudzu/Taro Root Watercress

FRUITS Loganberries

Persimmons

Blackberries

Pineapple Mango/Papaya

Alkaline pН

Ginger/Ginseng Celery Green Beans Sea Vegetables Raw Zucchini

Avocados Onions/Leak MISC: Cilantro, Capsicum, Pink Salt, Pumpkin Seeds

Pineapple Melons

Dates/Figs

Cucumbers Raspberries



VEGETABLES

Turnips

Bell Pepper Pumpkin Parsnip Mushrooms **Turnip Greens**

Eggplant Kohlrabi Kale Fresh Corn **Organic Potatoes**

Chives

Squash

Broccoli cooked

FRUITS

Ripe Bananas Apples Peaches Coconut Strawberries

Raw Cranberries Fresh Guava & Sapote **NUTS:**

Almonds, Chestnuts

GRAINS Wild Rice

FATS/OILS Fish, Flax, Avocado,

Flax Seeds Millet

SWEETS Spelt/Quinoa Raw Maple Syrup

MISC: Miso Soup, Sea Salt, Apple Cider Vinegar, Garlic, Tamari Sauce, Herbs & Spices



VEGETABLES

Brussels Sprouts

Beets w/out Greens

Bamboo Shoots

Horseradish **Cooked Green Peas** Kidney/Pinto Beans Spinach Pickled Olives Raw Green Peas

MISC Rice Vinegar Soy Sauce

MEATS Egg Yolks (Cooked Soft) Cooked Whole Eggs & Egg Whites Liver & Other Organ Meats

FRUITS:

Green Bananas Plums DAIRY:

Unsalted Butter Raw Cow & Goat Milk Raw Cream Margarine

Processed Cow Milk Processed Goad Milk Processed Dairy Products **Most Cheeses**

Buck Wheat Sunflower Seeds 0ats Brown/Basmati Rice Sprout Breads

Corn & Rice Breads Cornmeal Buttered Popcorn -

(no salt) **FATS & OILS** Whole Grain Canola, Corn & Sunflower Oil

Popcorn w/salt-n-butter Tortillas

Wheat, Rye & Ricesweets Crackers

Rye, Wheat & Wheat

White & Wheat Flour

Whole Grain Breads

Cream of Wheat

GRAINS

Carob, Fructose, Raw Honey Barley Malt Syrup Pastries



Neutral

Optimal

human

blood

VEGETABLES

Navy Beans **Black-Eyed Peas Most Pickles** Cooked Zucchini Lima Beans Garbanzo Beans Most Frozen & Canned Vegetables

MEATS

Venison & Elk Lamb

Chicken & Turkey Goat Tuna & Other Fish Salmon Oysters & Most Shellfish **Duck & Goose**

MISC

Gelatin Microwave Food Hummus Ketchup Jar Mayonnaise Mustard **Unsweetened Cocoa** Vanilla Pharmaceutical /Most Drugs

FRUITS

Dates & Other Dried Fruits **Cooked Cranberries**

Prunes Pomegranate

DAIRY

Plain Yogurt

Pistachios & Pine Nuts **Brazil Nuts**

Walnuts **Pecans** Almonds

Sulphured Molasses Custard w/White Sugar

Salted Butter Grape Seed Oil Sesame Oi Salted Butter Grape Seed Oil

Germ Semolina

Processed Cereal

Rice White

Corn Bread

SWEETS

Safflower

Processed Maple Syrup Chocolate **Brown Sugar Sweetened Yogurt**

VEGETABLES

Most Frozen/Canned Vegetables **Cooked Swiss Chard Navy Beans**

MISC Balsamic Vinegar, Cigarettes, Iodized Table Salt

Most Wild Game Beef Pork

MEAT

DAIRY Cottage Cheese Goat Cheese Oat Bran

GRAINS Barley **Rice Cakes** **SWEETS** Powdered/Liquid Stevia White Sugar

Jams & Jellies White Sugar

Pastries from White Flour/Sugar

VEGETABLES: Most Legumes

Tomato Sauce

Snow Peas

White Pasta

GRAINS White Bread Flour Tortilla

MEATS Canned Tuna Lobster

DAIRY Buttermilk **Cream Cheese Ice Cream**

Most Roasted Nuts

SWEETS Artificial Sweeteners

Hazelnuts

MISC White Vinegar

FATS & OILS

Cottonseed & Palm Oil

MEATS Bacon

Sausages

Processed Cheeses

BEVERAGES Colas 2.5 pH **SWEETS Pudding**

The foods highlighted in black although neutral to high in alkaline are known to

French Fries & Most Other Fried Foods Sleep Deprivation, Yeast



ACIDIC pН 3.0 to 5.0 Consume sparingly or Never

have adverse affects when highly consumed and ingested into the body.

neutralize 1 part ACIDITY in the body

Most foods get more acidic when cooked

WATER (IONIZER 9.0 to 10.0 pH)

ALKALLINE

Fresh Raw Juice Green & Herbal Teas, Unsweetened Fruit Juices, Sake, Apple Cider

(4.0) to - Most Coffee, Most Beers. Black Tea. Hard Liquor, Sports Drinks, Sugar Added Fruit Juices, Carbonated Soft Drinks, and Cola -(2.5)

> DRINK TO **HYDRATE** AND ALKALINE THE BODY