

## 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.**

ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	Highly Acidic→																																																																																																																										
<b>VEGETABLES</b>				<p>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, providing us with vitamins, minerals, fiber, enzymes, chlorophyll, phytonutrients and alkaline salts that help 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!</p> <p><b>VEGETABLES</b></p> <table border="1"> <tr><td>Black Olives</td><td>X</td><td></td><td></td></tr> <tr><td>Canned Vegetables</td><td>X</td><td></td><td></td></tr> <tr><td>Corn</td><td></td><td>X</td><td></td></tr> <tr><td>Frozen Vegetables</td><td>X</td><td></td><td></td></tr> <tr><td>Mushrooms</td><td></td><td>X</td><td></td></tr> <tr><td>Sauerkraut</td><td>X</td><td></td><td></td></tr> </table> <p>Most FRUITS are rich in nutrients, however, the sugar they contain ferments and become acidic to the body. When starting to rebalance your body it is recommended to avoid acidic forming fruits. Once the body has achieved balance, you may reintroduce them. These fruits are best eaten alone, preferable on an empty stomach, in between meals, without combining them with starches or heavy proteins.</p> <p><b>FRUITS</b></p> <table border="1"> <tr><td>Apples</td><td>X</td><td></td><td></td></tr> <tr><td>Apricots</td><td>X</td><td></td><td></td></tr> <tr><td>Apricot, dried</td><td>X</td><td></td><td></td></tr> <tr><td>Bananas, ripe</td><td></td><td>X</td><td></td></tr> <tr><td>Blackberries</td><td>X</td><td></td><td></td></tr> <tr><td>Blueberries</td><td>X</td><td></td><td></td></tr> <tr><td>Cantaloupe</td><td>X</td><td></td><td></td></tr> <tr><td>Cherries</td><td>X</td><td></td><td></td></tr> <tr><td>Glazed or canned Fruit</td><td></td><td></td><td>X</td></tr> <tr><td>Cranberries</td><td>X</td><td></td><td></td></tr> <tr><td>Currants</td><td>X</td><td></td><td></td></tr> <tr><td>Dates</td><td>X</td><td></td><td></td></tr> <tr><td>Figs</td><td>X</td><td></td><td></td></tr> <tr><td>Grapefruit, sweet</td><td>X</td><td></td><td></td></tr> <tr><td>Grapes</td><td>X</td><td></td><td></td></tr> <tr><td>Kiwifruit</td><td>X</td><td></td><td></td></tr> <tr><td>Mangos</td><td>X</td><td></td><td></td></tr> <tr><td>Nectarine</td><td>X</td><td></td><td></td></tr> <tr><td>Orange</td><td>X</td><td></td><td></td></tr> <tr><td>Papaya</td><td>X</td><td></td><td></td></tr> <tr><td>Peach</td><td>X</td><td></td><td></td></tr> <tr><td>Pear</td><td>X</td><td></td><td></td></tr> <tr><td>Pineapple</td><td>X</td><td></td><td></td></tr> <tr><td>Plums</td><td>X</td><td></td><td></td></tr> </table>				Black Olives	X			Canned Vegetables	X			Corn		X		Frozen Vegetables	X			Mushrooms		X		Sauerkraut	X			Apples	X			Apricots	X			Apricot, dried	X			Bananas, ripe		X		Blackberries	X			Blueberries	X			Cantaloupe	X			Cherries	X			Glazed or canned Fruit			X	Cranberries	X			Currants	X			Dates	X			Figs	X			Grapefruit, sweet	X			Grapes	X			Kiwifruit	X			Mangos	X			Nectarine	X			Orange	X			Papaya	X			Peach	X			Pear	X			Pineapple	X			Plums	X		
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Artichokes		X																																																																																																																													
Asparagus		X																																																																																																																													
Beans ( <i>green</i> )		X																																																																																																																													
Beetroot		X																																																																																																																													
Bok Choy		X																																																																																																																													
Broccoli		X																																																																																																																													
Brussels sprouts			X																																																																																																																												
Cabbages		X																																																																																																																													
Capsicums/Peppers, all			X																																																																																																																												
Carrots			X																																																																																																																												
Cauliflower		X																																																																																																																													
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Eggplant/Aubergine			X																																																																																																																												
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Garlic		X																																																																																																																													
Horseradish			X																																																																																																																												
Kale	X																																																																																																																														
Leeks (bulbs)			X																																																																																																																												
Lettuce		X																																																																																																																													
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Parsnips			X																																																																																																																												
Peas, fresh			X																																																																																																																												
Potatoes (with skin)			X																																																																																																																												
Pumpkin			X																																																																																																																												
Radishes			X																																																																																																																												
Rhubarb stalks			X																																																																																																																												
Sea Vegetables, nori, wakame,			X																																																																																																																												
Soy Sprouts	X																																																																																																																														
Spinach		X																																																																																																																													
Sprouted seeds, nuts & grains	X																																																																																																																														
Squash (all kinds, raw)			X																																																																																																																												
Sweet Potato			X																																																																																																																												
Tomatoes			X																																																																																																																												
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<p>GRASSES are nutrient-dense, rich in chlorophyll. It is the chlorophyll that gives grasses the power to regenerate our bodies at a cellular level. The tough cellulose fibers in these grasses make it hard for the human body to digest – so juicing them is the preferred option.</p>																																																																																																																															

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

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

ALKALIZING FOODS	←Highly Alkaline			ACIDIFYING FOODS	Highly Acidic→		
ARTIFICIAL SWEETNERS are highly acidifying and are not recommended. Xylitol, stevia or chicory are recommended as safe replacements for cane sugar and artificial sweeteners.				<b>SUGARS, SWEETS &amp; SWEETENERS</b>			
<b>SWEETENERS</b>				Artificial sweeteners			
Chicory			X	Barley malt syrup			
Stevia			X	Brown rice syrup			
<b>BEVERAGES &amp; DRINKS</b>				Chocolates			
Almond milk, fresh		X		Fructose			
Ginger tea		X		Honey			
Ionised alkaline water	X			Maple Syrup			
Tea (herbal, green)		X		Molasses			
Vegetable green juices, fresh	X			Sugar (white)			
SPROUTS are full of vitamins, minerals and complete proteins, sprouts are just about the best food you can eat. They are living plant foods that are biogenic – meaning they can transfer their life energy to you. Seeds become more alkaline as they sprout, and sprouts are packed with enzymes.				Sugarcane			
<b>SPROUTS</b>				<b>BEVERAGES &amp; DRINKS</b>			
All sprouted seeds, nuts & grains	X			Alcohol			
<b>MINERALS</b>				Beer			
Cesium: ph 14	X			Coffee			
Potassium: ph 14	X			Coffee substitute drinks			
Sodium: ph 14	X			Fruit juice, natural fresh			
Calcium: ph 12	X			Fruit juice, sweetened			
Magnesium: ph 9	X			Soda/Pop, homemade			
				Soft Drinks			
				Tea (black)			
				Water (sparkling)			
				Water (spring)			
				Wine			
				<b>CHEMICALS</b>			
				Chemicals			
				Pesticides			
				Herbicides			
				Tobacco			

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.**