

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

ACIDIFYING BEANS & LEGUMES

Black Beans - Chick Peas - Green Peas - Kidney Beans - Lentils - Pinto Beans - Red Beans - Soy Beans - Soy Milk - White Beans - Rice Milk - Almond Milk

ACIDIFYING DAIRY

Butter - Cheese - Cheese, Processed - Ice Cream - Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews - Legumes - Peanuts - Peanut Butter - 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 - Shrimp - Scallops - Shellfish - Tuna - Turkey - Veal - Venison

ACIDIFYING FATS & OILS

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

ACIDIFYING SWEETENERS

Carob - Sugar - Corn Syrup

ACIDIFYING ALCOHOL

Beer - Spirits - Hard Liquor - Wine

ACIDIFYING OTHER FOODS

Catsup - Cocoa - Coffee - Vinegar - Mustard - Pepper - Soft Drinks

ACIDIFYING DRUGS & CHEMICALS

Aspirin - Chemicals - Drugs, Medicinal - Drugs, Psychedelic - Pesticides - Herbicides - Tobacco

ACIDIFYING JUNK FOOD

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

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

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 (non-sulphured 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, 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 (sulphured), 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, Yogurt (sweetened).

ALKALIZING FOODS

ALKALIZING VEGETABLES

Alfalfa - Barley Grass - Beets - Beet Greens - 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

Maitake - Daikon - Dandelion Root - Shitake - Kombu - Reishi - Nori - 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

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

ALKALIZING PROTEIN

Almonds - Chestnuts - Hemp Protein - Millet - Tempeh (fermented) - Tofu (fermented)

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Cinnamon - Curry - Ginger - Mustard - Chili Pepper - Sea Salt - Miso - Tamari - All Herbs

ALKALIZING OTHER

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

ALKALIZING MINERALS

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

EXTREMELY ALKALINE

Lemons, Watermelon

ALKALINE FORMING

Cantaloupe, Cayenne Celery, Dates, Figs, Kelp, Limes, Mango, Melons, Papaya, Parsley, Seaweeds, Seedless Grapes, Watercress, Asparagus, Fruit Juices, Grapes, Kiwifruit, Passionfruit, Pears, Pineapple, Raisins, Umeboshi Plums, Vegetable Juices.

MODERATELY ALKALINE

Apples, Alfalfa Sprouts, Apricots, Avocados, Bananas, Currants, Dates, Figs, Garlic, Grapefruit, Grapes (less sweet), Guavas, Herbs, Lettuce, Nectarine, Peaches, Pears (less sweet), Peas, Pumpkin, Sea Salt, Apples (sour), Green Beans, Beets, Bell Peppers, Broccoli, Cabbage, Carob, Cauliflower, Ginger, Grapes (sour), Lettuce (pale green), Oranges, Peaches (less sweet), Peas (less sweet), Potatoes (with skin), Pumpkin (less sweet), Raspberries, Strawberries, Squash, Sweet Corn, Turnip, Apple Cider Vinegar.

SLIGHTLY ALKALINE

Almonds, Jerusalem Artichokes, Brussels Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Mushrooms, Okra, Olives (ripe), Onions, Pickles (homemade), Radishes, Sea Salt, Spices, Tomatoes, Brown Rice Vinegar, Chestnuts (dry, roasted), Egg Yolks, Essene 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), Nutritional Yeast.

NEUTRAL

Butter (fresh, unsalted), Cream (fresh, raw), Cow's Milk and Whey (raw), Margarine, Oils (except olive), Yogurt (plain).