

## Chart Originating From Essence-Of-Life.com

### A list of Acid / Alkaline Forming Foods

*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

0 1 2 3 4 5 6 7 **healthy** 8 9 10 11 12 13 14

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 !!!

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

...ALKALINE FOODS...	...ACIDIC FOODS...
<p><b>ALKALIZING VEGETABLES</b></p> <ul style="list-style-type: none"> <li>Alfalfa</li> <li>Barley Grass</li> <li>Beet Greens</li> <li>Beets</li> <li>Broccoli</li> <li>Cabbage</li> <li>Carrot</li> <li>Cauliflower</li> <li>Celery</li> <li>Chard Greens</li> <li>Chlorella</li> <li>Collard Greens</li> <li>Cucumber</li> <li>Dandelions</li> <li>Dulce</li> <li>Edible Flowers</li> <li>Eggplant</li> <li>Fermented Veggies</li> <li>Garlic</li> <li>Green Beans</li> <li>Green Peas</li> <li>Kale</li> <li>Kohlrabi</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Mustard Greens</li> <li>Nightshade Veggies</li> <li>Onions</li> <li>Parsnips (high glycemic)</li> <li>Peas</li> <li>Peppers</li> <li>Pumpkin</li> <li>Radishes</li> <li>Rutabaga</li> <li>Sea Veggies</li> <li>Spinach, green</li> <li>Snirulina</li> </ul>	<p><b>ACIDIFYING VEGETABLES</b></p> <ul style="list-style-type: none"> <li>Corn</li> <li>Lentils</li> <li>Olives</li> <li>Winter Squash</li> </ul> <p><b>ACIDIFYING FRUITS</b></p> <ul style="list-style-type: none"> <li>Blueberries</li> <li>Canned or Glazed Fruits</li> <li>Cranberries</li> <li>Currants</li> <li>Plums**</li> <li>Prunes**</li> </ul> <p><b>ACIDIFYING GRAINS, GRAIN PRODUCTS</b></p> <ul style="list-style-type: none"> <li>Amaranth</li> <li>Barley</li> <li>Bran, oat</li> <li>Bran, wheat</li> <li>Bread</li> <li>Corn</li> <li>Cornstarch</li> <li>Crackers, soda</li> <li>Flour, wheat</li> <li>Flour, white</li> <li>Hemp Seed Flour</li> <li>Kamut</li> <li>Macaroni</li> <li>Noodles</li> <li>Oatmeal</li> <li>Oats (rolled)</li> <li>Quinoa</li> <li>Rice (all)</li> <li>Rice Cakes</li> <li>Rye</li> <li>Spaghetti</li> <li>Snelt</li> </ul>

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

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

### **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

Watermelon

### **ALKALIZING PROTEIN**

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

### **ALKALIZING SWEETENERS**

Stevia

### **ALKALIZING SPICES & SEASONINGS**

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

### **ALKALIZING OTHER**

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

### **ALKALIZING MINERALS**

Calcium: pH 12  
Cesium: pH 14  
Magnesium: pH 9  
Potassium: pH 14  
Sodium: 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 alkalinizing effect in the system

Sardines  
Sausage  
Scallops  
Shellfish  
Shrimp  
Tuna  
Turkey  
Veal  
Venison

### **ACIDIFYING FATS & OILS**

Avacado 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

### **ACIDIFYING DRUGS & CHEMICALS**

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Herbicides  
Pesticides  
Tobacco

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.

### ACIDIFYING JUNK FOOD

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.

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

\* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.

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 (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, 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.

## A list of Acid / Alkaline Forming Foods

### Alkaline Forming Foods

#### VEGETABLES

Garlic  
Asparagus  
Fermented Veggies  
Watercress  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard  
Chlorella  
Collard Greens  
Cucumber  
Eggplant  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Dulce  
Dandelions  
Edible Flowers  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Rutabaga  
Sea Veggies  
Spirulina  
Sprouts  
Squashes  
Alfalfa  
Barley Grass  
Wheat Grass  
Wild Greens  
Nightshade Veggies

#### FRUITS

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapes  
Grapefruit  
Lime  
Honeydew Melon  
Nectarine  
Orange  
Lemon  
Peach  
Pear  
Pineapple  
All Berries  
Tangerine  
Tomato  
Tropical Fruits  
Watermelon

#### PROTEIN

Eggs (poached)  
Whey Protein Powder  
Cottage Cheese  
Chicken Breast  
Yogurt  
Almonds  
Chestnuts  
Tofu (fermented)  
Flax Seeds  
Pumpkin Seeds  
Tempeh (fermented)  
Squash Seeds  
Sunflower Seeds  
Millet  
Sprouted Seeds  
Nuts

#### OTHER

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Probiotic Cultures  
Green Juices  
Veggies Juices  
Fresh Fruit Juice  
Organic Milk  
(unpasteurized)  
Mineral Water  
Alkaline Antioxidant Water  
Green Tea  
Herbal Tea  
Dandelion Tea  
Ginseng Tea  
Banchi Tea  
Kombucha

#### SWEETENERS

Stevia  
Ki Sweet

#### SPICES/SEASONINGS

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

#### ORIENTAL VEGETABLES

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori



Umeboshi  
Wakame  
Sea Veggies

## Acid Forming Foods

### FATS & OILS

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

### FRUITS

Cranberries

### GRAINS

Rice Cakes  
Wheat Cakes  
Amaranth  
Barley  
Buckwheat  
Corn  
Oats (rolled)  
Quinoa  
Rice (all)  
Rye  
Spelt  
Kamut  
Wheat  
Hemp Seed Flour

### DAIRY

Cheese, Cow  
Cheese, Goat  
Cheese, Processed  
Cheese, Sheep  
Milk  
Butter

### NUTS & BUTTERS

Cashews  
Brazil Nuts  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

### ANIMAL PROTEIN

Beef  
Carp  
Clams  
Fish  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison

### PASTA (WHITE)

Noodles  
Macaroni  
Spaghetti

### OTHER

Distilled Vinegar  
Wheat Germ  
Potatoes

### DRUGS & CHEMICALS

Aspartame  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides

### ALCOHOL

Beer  
Spirits  
Hard Liquor  
Wine

### BEANS & LEGUMES

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

## More Ranked Foods: Alkaline (pH) to Acidic (pH)

**Alkaline:** Meditation, Prayer, Peace, Kindness & Love

**Acid:** Overwork, Anger, Fear, Jealousy & Stress

### Extremely Alkaline Forming Foods - pH 8.5 to 9.0

### Extremely Acid Forming Foods - pH 5.0 to 5.5

**9.0** Lemons **1**, Watermelon **2**

**5.0** Artificial sweeteners

**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

**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**

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

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).

Vegetable juices <b>8</b>	
<b>Moderate Alkaline - pH 7.5 to 8.0</b>	<b>Moderate Acid - pH 6.0 to 6.5</b>
<p><b>8.0</b> Apples (sweet), Apricots, Alfalfa sprouts <b>9</b>, Arrowroot, Flour <b>10</b>, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates &amp; figs (fresh), Garlic <b>11</b>, 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) <b>12</b>, Spinach</p> <p><b>7.5</b> Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob <b>13</b>, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes &amp; skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash <b>14</b>, Sweet corn (fresh), Tamari <b>15</b>, Turnip, Vinegar (apple cider) <b>16</b></p>	<p><b>6.0</b> 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 &amp; rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods <b>32</b>, Wine <b>33</b>, Yogurt (sweetened)</p> <p><b>6.5</b> Bananas (green), Buckwheat, Cheeses (sharp), Corn &amp; rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain &amp; honey), Peanuts, Potatoes (with no skins), Popcorn (with salt &amp; butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)</p>
<b>Slightly Alkaline to Neutral pH 7.0</b>	<b>Slightly Acid to Neutral pH 7.0</b>
<p><b>7.0</b> Almonds <b>17</b>, 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 <b>18</b>, Onions, Pickles <b>19</b>, (home made), Radish, Sea salt <b>20</b>, Spices <b>21</b>, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut</p> <p>Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread <b>22</b>.</p>	<p><b>7.0</b> Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries <b>30</b>, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) <b>31</b>, Nutmeg, Mustard, Pistachios, Popcorn &amp; butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin &amp; sunflower), Walnuts</p> <p>Blueberries, Brazil nuts, Butter (salted), Cheeses (mild &amp; crumbly) <b>28</b>, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) <b>29</b>, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums <b>30</b>, Prunes <b>30</b>, Spelt</p>

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)

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

Butter (fresh unsalted), Cream (fresh and raw), Margarine **26**, Milk (raw cow's) **27**, Oils (except  
 olive),  
 Whey (cow's), Yogurt (plain)

**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 11Ú2 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.

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**Note:** No claims are made regarding the therapeutic use of this product... Plus, These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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