

THE ACID / ALKALINE FOOD CHART

Acid and Alkaline Food.

The difference between happiness and health, or sickness, depression and medical bills.

An acid body is a magnet for sickness, disease, cancer and aging. Eating more alkaline foods helps shift your body's pH and oxygenate your system. Alkaline foods keep your body healthy and functioning correctly, preventing cancer.

pH Balance:

The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4. At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live.

Foods are generally categorized as acid or alkaline based on the residue they leave in the human body after they have been metabolized. Often there are fad diets that recommend people eat either all acid or all alkaline foods to solve one disease or another. In reality, it is probably healthier to strive for a balanced middle ground. A variety of health problems can occur when the body is either too alkaline or acidic. When the body fluids become too acidic, a condition called acidosis develops. Conversely, when the body fluids become too alkaline, alkalosis results.

Foods are determined to have either an alkaline or acid forming potential based on their pH values. (The word pH comes from the chemistry formula for calculating the concentration of hydrogen ions present in a substance. pH refers to the "power of Hydrogen.") A pH of 7 is neutral. Foods with an alkaline ash have pH values above 7. Foods with an acid ash have pH values below 7. Pure water has a neutral pH of 7.

In general, most grains, dairy products, meats, seeds, legumes and nuts tend to have an acid ash. Most fruits and vegetables tend to have an alkaline ash. Cooked foods tend to be more alkaline than raw foods. Many holistic practitioners believe that modern Western diets are too acidic for good health due to a lack of fruits and vegetables. They often stress the importance of modifying one's diet to achieve a better acid-base balance.

Apple cider vinegar, although acidic leaves an alkaline ash in the body. Foods such as orange juice and lemon juice are acidic but turn alkaline after they have been metabolized in the body. As such, for dietetic purposes they are usually considered to be alkaline despite being acidic prior to consumption. Most fruits are alkaline except a few, including cranberries, plums and prunes, because they contain acids the body can't metabolize. Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition.

The following food and beverage chart indicates the associated alkaline or acid category.

ALKALINE / ACIDIC FOOD CHARTS

The charts below are provided for those trying to "adjust" their body pH through their diet. The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. These charts are intended only as a **general guide** to alkalizing and acidifying foods. Note that there may be some discrepancies between foods included on these charts.*

ALKALINE FOODS	ACIDIC 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 glycaemic) 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	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 Corn-starch 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

Nori
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycaemic)
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 alkalizing effect in the system.

ALKALIZING PROTEIN

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

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt
Miso
Tamari

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

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

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.