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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

Healthy = 7.35 - 7.45

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 !!!

How To Test Your pH Level... [Click Here](#) | Understanding pH Level... [Click Here](#)

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

...ALKALINE FOODS...

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beet Greens
Beets
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

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

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
Watermelon

ALKALIZING PROTEIN

Almonds

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
Sardines
Sausage
Scallops
Shellfish

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 alkalizing effect in the system.

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

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

ACIDIFYING JUNK FOOD

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

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.

** 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
<p>Extremely Alkaline</p> <p>Lemons, watermelon.</p>
<p>Alkaline Forming</p> <p>Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.</p> <p>Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.</p>

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), margine, 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 (unsulferd 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			Acid Forming Foods		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Aspartame
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Chemicals
Fermented	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs,
Veggies	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Medicinal
Watercress	Cantaloupe	Green Juices	Flax Oil	Pecans	Drugs,
Beets	Cherries	Veggies Juices	Lard	Tahini	Psychedelic
Broccoli	Brussel sprouts	Fresh Fruit Juice	Olive Oil	Walnuts	Pesticides
Cabbage	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil		Herbicides
Carrot	Grapes	Mineral Water	Sesame Oil	ANIMAL PROTEIN	ALCOHOL
Cauliflower	Grapefruit	Alkaline Antioxidant Water	Sunflower Oil	Beef	Beer
Celery	Lime	Green Tea		Carp	Spirits
Chard	Honeydew	Herbal Tea	FRUITS	Clams	Hard Liquor
Chlorella	Melon	Dandelion Tea	Cranberries	Fish	Wine
Collard Greens	Nectarine	Ginseng Tea		Lamb	BEANS & LEGUMES
Cucumber	Orange	Banchi Tea	GRAINS	Mussels	Black Beans
Eggplant	Lemon	Kombucha	Rice Cakes	Oyster	Chick Peas
Kale	Peach		Wheat Cakes	Pork	Green Peas
Kohlrabi	Pear	SWEETENERS	Amaranth	Rabbit	Kidney Beans
Lettuce	Pineapple	Stevia	Barley	Salmon	Lentils
Mushrooms	All Berries	Ki Sweet	Buckwheat	Shrimp	Lima Beans
Mustard Greens	Tangerine		Corn	Scallops	Pinto Beans
Dulce	Tomato	SPICES/SEASONINGS	Oats (rolled)	Tuna	Red Beans
Dandelions	Tropical Fruits	Cinnamon	Quinoa	Turkey	Soy Beans
Edible Flowers	Watermelon	Curry	Rice (all)	Venison	Soy Milk
Onions	PROTEIN	Ginger	Rye		White Beans
Parsnips (high glycemic)	Eggs (poached)	Mustard	Spelt	PASTA (WHITE)	Rice Milk
Peas	Whey Protein	Chili Pepper	Kamut	Noodles	Almond Milk
Peppers	Powder	Sea Salt	Wheat	Macaroni	
Pumpkin	Cottage Cheese	Miso	Hemp Seed	Spaghetti	
Rutabaga	Chicken Breast	Tamari	Flour	OTHER	
Sea Veggies	Yogurt	All Herbs		Distilled	
Spirulina	Almonds	ORIENTAL VEGETABLES	DAIRY	Vinegar	
Sprouts	Chestnuts	Maitake	Cheese, Cow	Wheat Germ	
Squashes	Tofu	Daikon	Cheese, Goat	Potatoes	
Alfalfa	(fermented)	Dandelion Root	Cheese,		
Barley Grass	Flax Seeds	Shitake	Processed		
Wheat Grass	Pumpkin Seeds	Kombu	Cheese,		
Wild Greens	Tempeh	Reishi	Sheep		
Nightshade	(fermented)	Nori	Milk		
Veggies	Squash Seeds		Butter		
	Sunflower Seeds				

Millet
Sprouted Seeds
Nuts

Umeboshi
Wakame
Sea Veggies

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
<p>9.0 Lemons 1, Watermelon 2</p> <p>8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley</p> <p>5, Seedless grapes (sweet), Watercress, Seaweeds</p> <p>Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8</p>	<p>5.0 Artificial sweeteners</p> <p>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</p> <p>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).</p>
Moderate Alkaline - pH 7.5 to 8.0	Moderate Acid - pH 6.0 to 6.5
<p>8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, Flour 10, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, 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) 12, Spinach</p> <p>7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes</p>	<p>6.0 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 & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods 32, Wine 33, Yogurt (sweetened)</p> <p>6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)</p>

& skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash 14, Sweet corn (fresh), Tamari 15, Turnip, Vinegar (apple cider) 16	
Slightly Alkaline to Neutral pH 7.0	Slightly Acid to Neutral pH 7.0
<p>7.0 Almonds 17, 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 18, Onions, Pickles 19, (home made), Radish, Sea salt 20, Spices 21, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut</p> <p>Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread 22, 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)</p>	<p>7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) 31, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts</p> <p>Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) 28, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) 29, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums 30, Prunes 30, Spelt</p>
Neutral pH 7.0 — 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)	
<p>NOTE: Match with the numbers above.</p> <ol style="list-style-type: none"> 1. Excellent for <i>EMERGENCY SUPPORT</i> 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 1½ 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.

Coral Calcium and pH Balance | All Natural Cancer Therapy

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.

ACIDITY

pH VALUE OF FOODS

pH is a method used to express the level of *acidity* and *alkalinity* on a logarithmic scale of 0 to 14. A value of 0 denotes extreme acidity; 7 is neutral and 14 is extreme alkalinity.

(Most acid)

2.04 Lime juice	3.99 Nectarine	5.49 Onion
2.10 Lemon juice	4.16 Sweet cherry	5.49 Green pepper
3.00 Pomegranate	4.24 Tomato	5.72 Radish
3.20 Cranberry	4.40 Apricot	5.73 Casaba melon
3.21 Blueberry	4.65 Red banana	5.77 Leek
3.43 Strawberry	4.77 Date	5.78 Red cabbage
3.44 Pineapple	4.80 Red currant	5.95 Cos lettuce
3.45 Grapefruit	5.04 Coconut water	6.03 Common cabbage
3.55 Apple	5.12 Common banana	6.10 Coconut meat
3.59 Grapes	5.12 Fig, fresh	6.16 Chinese cabbage
3.73 Raspberry	5.33 Watermelon	6.38 Honeydew melon
3.76 Orange juice	5.42 Walnut	6.42 Avocado
3.92 Pear	5.48 Cucumber	6.52 Cantaloupe
3.95 Raisin	5.49 Papaya	<i>(Least acid)</i>

ALKALINITY – ACIDITY OF FOODS IN METABOLIC REACTION

When foods are eaten they are oxidised in the body, which results in the formation of a residue or ash. In this residue, if the minerals sodium, potassium, calcium and magnesium predominate over sulphur, phosphorus, chlorine and uncombusted organic acid radicals, they are designed as alkaline ash foods. The excess of one group of minerals over the other is expressed as cubic centimetres of normal acid or base (alkaline) per 100 grams edible food. The values below represent degrees of acidity or alkalinity.

(Most alkaline reaction)

47.3 Fig, dried	8.2 Plum	5.0 Mango
41.6 Lima beans	8.2 Peach, fresh	4.9 Mushroom
36.6 Apricot, dried	8.1 Celery	4.8 Radish
25.3 Raisin	8.1 Watercress	4.5 Orange juice
20.4 Swiss chard	7.7 Blackberry	4.5 Eggplant
30.3 Prune, dried	7.7 Lemon	4.5 Okra
15.8 Spinach	7.5 Cantaloupe	4.3 Brussels sprouts
14.2 Cucumber	7.5 Coconut milk	4.2 Broccoli
14.0 Lima beans, fresh	7.3 Leek	4.0 Lemon juice
13.5 Almond	7.2 Potato	3.9 Red cabbage
10.7 Avocado	7.1 Orange	3.2 Cauliflower
10.2 Carrot	7.0 Lettuce, cos	3.2 Pumpkin
9.9 Endive	6.7 Prickly pear	2.7 Grapes
9.6 Date	6.7 Sweet potato	2.7 Savoy cabbage
8.6 Parsnip	6.6 Apricot, fresh	2.6 Strawberry
8.5 Lemon, with peel	6.2 Common cabbage	2.2 Apple
8.5 Coconut meat, dry	6.0 Banana	2.2 Watermelon
8.4 Onion	5.8 Pineapple	0.1 Olive oil
8.3 Tomato, ripe	5.7 Raspberry	<i>(neutral reaction)</i>

