

PH Balance ~ Acid/Alkaline Food Chart

ACIDIFYING FOODS

DRUGS & CHEMICALS	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	PASTA (WHITE)	Noodles Macaroni Spaghetti	DAIRY	Hemp Seed Flour Kamut Spelt Rye Wheat	ORIENTAL	Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter
NUTS & BUTTERS	Cashews Brazil Nuts Peanuts Peanut Butter Tahini Walnuts	ANIMAL PROTEIN	Beef Carp Clams Fish Lamb	GRAINS	Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison	OTHER	Distilled Vinegar Wheat Germ Potatoes				
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	Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamut Wheat						
		SWEETENERS	Stevia	SPICES/SEASONINGS	Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs						
		OTHER	Apple Cider Vinegar Bee Pollen Lectihin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Alkaline Antioxidant Water								
		FRUITS	Honeydew Melon Lime Grapefruit Grapes Dates/Figs Currants Cherries Cantaloupe Banana Avocado Apple Apricot								
		VEGETABLES	Garlic Asparagus Fermented Veggies Watercress Beets Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Chard Chlorolla Collard Greens Cucumber Eggplant Kale Kohlrabi Lettuce Mushrooms Mustard Greens Dandelions Edible Flowers Onions Parsnips Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightsshade Veggies								
		FRUITS	Apple Apricot Avocado Banana Cantaloupe Cherries Currants Dates/Figs Grapefruit Lime Honeydew Melon Nectarine Orange Lemon Peach Pear Pineapple All Berries Tangerine Tomato Tropical Fruits Watermelon								
		PROTEIN	Eggs 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								
		VEGETABLES	Sea Veggies Wakame Umeboshi Nor Reishi Kombu Shitake Dandelion Root Maitake								

The ideal diet is 80% Alkaline & 20% Acidic food