

## Alkaline / Acid PH Food Chart

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
lime tangerine nectarine persimmon raspberry watermelon	grapefruit cantaloupe honeydew mango dewberry loganberry	lemon apple pear avocado blackberry cherry peach papaya	orange apricot banana blueberry pineapple raisin/currant grape strawberry	<b>Fruits</b>	guava dried fruit fig date	tomato plum prune	cranberry pomegranate	
lentil yam sea vegetables daikon onion taro root burdock	kale garlic kohlrabi parsnip sweet potato parsley endive mustard greens ginger root broccoli		brussel sprouts beets chive okra turnip greens squash lettuce jicama artichoke celery	<b>Vegetables Legumes Beans</b>	spinach kidney beans string beans fava beans chutney rhubarb	chard pinto beans white beans navy beans aduki beans lima beans tofu	peanut snow pea green pea chickpea carrot	soybean carob
				<b>Meat Game Fish / Shellfish</b>	venison fish	lamb / mutton elk mollusks / shellfish	pork / veal mussels squid	beef lobster
				<b>Fowl</b>	duck	turkey goose	chicken	pheasant
		raw goat milk quail egg	raw milk duck egg	<b>Dairy /Eggs</b>	yogurt cream / butter goat / sheep cheese chicken egg			
			quinoa wild rice	<b>Grains Cereals</b>	brown rice millet kasha amaranth	wheat buckwheat semolina spelt	corn oat bran rye	barley
pumpkin seeds	poppy seeds	primrose oil sesame oil cod liver almonds sprouts	most seeds avocado oil coconut oil olive oil flax oil	<b>Nuts Seeds Oils</b>	pumpkin seed oil grapeseed oil sunflower oil pine nuts	almond oil sesame oil safflower oil	pistachio pecan canola oil	hazelnut walnut brazil nut
mineral water	kombucha	green tea	ginger tea	<b>Beverages</b>	espresso	black tea	coffee	alcohol sodas
	molasses	rice syrup stevia coconut sugar	sucanat	<b>Sweeteners</b>	honey / maple syrup		saccharin	sugar / cocoa
		apple cider vinegar		<b>Vinegars</b>	rice vinegar	balsamic vinegar		white vinegar
baking soda	spices / Cinnamon agave valerian	most herbs aloe vera bergamot	slippery elm white willow bark	<b>Seasoning Herbs</b>	curry	vanilla	nutmeg	pudding / jam / jelly

← **More Alkaline**

**More Acidic** →

## Acid is for Your Car Battery.....Not Your Body!

The principle of acid/alkalinity helped me regain my health more than anything else in my entire 39 years of looking for answers. I discovered this 15 years ago, and it changed my health totally. Doing this one simple thing will solve many of your nutritional worries.

Read about the dangers of being too acid and how you can find that balance by changing your diet.

### 10 Benefits of Having a Balanced Body pH:

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer colds, headaches, flu viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Won't support osteoporosis
- Increased mental acuity, mental alertness
- Legal natural high

Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH!

The acid in the acid/alkaline balance is not the same as stomach acid. A healthy stomach pH is acidic, which is necessary for digesting food. What we are discussing here is the pH of the body's fluids, cells and tissues. Alkalinity is also more about what happens AFTER digestions. For example, lemons and oranges are considered acidic but after digestion they supply alkaline minerals to the body. Foods are either acidifying or alkalizing.

## Check Out This List of Symptoms of Being Too Acidic

1. Digestive issues:
  - Excess stomach acid
  - Acid reflux
  - Gastritis
  - Ulcers
2. Unhealthy Skin, Nails and Hair:
  - Nails are thin and break easily
  - Dry skin
  - Cracks at the corners of the lips
  - Hair is dull with split ends, and falls out
  - Hives
3. Teeth and Mouth Issues:
  - Loose teeth
  - Teeth sensitive to hot, cold, or acidic foods
  - Teeth have a tendency to crack or chip
  - Sensitive gums
  - Mouth ulcers
  - Infections in throat and tonsils
  - Tooth nerve pain
4. Eyes, Head and General Body:
  - Headaches
  - Low body temperature (feels cold)
  - Tendency to get infections
  - Leg cramps and spasms
  - Eyes tear easily, conjunctivitis, inflammation of the eyelids and corneas
5. Nerves and Emotions:
  - Low energy; constant fatigue
  - Depression with a loss of joy and enthusiasm
  - Excessive nervousness

## Research and Experts Say:

A seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. Many of the hip fractures among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables..

“The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause... too much tissue acid waste in the body!” – Dr. Theodore A. Baroody in his remarkable book Alkalize or Die

“Immune cells that are too acid or too alkaline do not produce antibodies or cytokines (chemical messengers to regulate other immune cells), and they have impaired phagocytosis (the ability to engulf and destroy microbes). As a result, the affected individual becomes susceptible to viral, bacterial, fungal and other infectious microbes as well as cancer,” says Dr. William Lee Cowden

Acid/alkaline imbalance causing disease is not a new concept. In 1933, Dr. William Howard Hay from New York published A New Health Era in which he maintains that all disease is caused by “self-poisoning” due to acid accumulation in the body.

### How Do We Balance Our pH?

Our typical diet consists mostly of acidifying foods (proteins, cereals, sugars). Alkaline foods such as fruits and vegetables are often eaten in much smaller quantities; not enough to neutralize the excess of acidifying foods we consume. Common habits like tobacco, coffee, tea and alcohol are extremely acidifying.

Our body is approximately 20 percent acidic and 80 percent alkaline; it is recommended that we consume approximately 20 percent acidic foods and 80 percent alkaline foods.

Diet is the safest way to balance.

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