

## Are You Eating Enough Alkaline Foods to Maintain Vital Health?

This chart provides information that shows the various food substances that contribute to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important for you to maintain a diet that contains foods from both sides of the chart.

Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

You can check your pH using a pH tester (available at some chemists and health food stores).

**Our immune system works best and most diseases cannot exist when our bodies are in an alkaline state. For most people, the ideal diet is 75 percent alkalizing foods and 25 percent acidifying foods by volume.**

ALKALIZING FOODS			ACIDIFYING FOODS		
<p><b>VEGETABLES</b></p> <p>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</p>	<p><b>FRUITS</b></p> <p>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</p> <p><b>PROTEIN</b></p> <p>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</p>	<p><b>OTHER</b></p> <p>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</p> <p><b>SWEETENERS</b></p> <p>Stevia</p> <p><b>SPICES/SEASONINGS</b></p> <p>Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs</p> <p><b>ORIENTAL VEGETABLES</b></p> <p>Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies</p>	<p><b>FATS &amp; OILS</b></p> <p>Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil</p> <p><b>FRUITS</b></p> <p>Cranberries</p> <p><b>GRAINS</b></p> <p>Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour</p> <p><b>DAIRY</b></p> <p>Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter</p>	<p><b>NUTS &amp; BUTTERS</b></p> <p>Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts</p> <p><b>ANIMAL PROTEIN</b></p> <p>Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison</p> <p><b>PASTA (WHITE)</b></p> <p>Noodles Macaroni Spaghetti</p> <p><b>OTHER</b></p> <p>Distilled Vinegar Wheat Germ Potatoes</p>	<p><b>DRUGS &amp; CHEMICALS</b></p> <p>Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides</p> <p><b>ALCOHOL</b></p> <p>Beer Spirits Hard Liquor Wine</p> <p><b>BEANS &amp; LEGUMES</b></p> <p>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</p>