



## Your food guide for achieving a healthy Acid/Alkaline (ph) balance

To help you achieve a healthy, balanced pH level, refer to the chart below. Keep in mind, the more Alkaline (and the less Acidic) the food source, the better for your overall health and well-being. According to health experts, 75% of your foods should come from Alkaline sources and 25% may come from Acidic sources. Tip: Try pairing foods for easier digestion and to promote a healthier balance. For example, consume beans (acid) with broccoli (alkaline).

Most Alkaline	Medium Alkaline	Low Alkaline	Foods	Low Acid	Medium Acid	Most Acid
broccoli; cucumber; cilantro; oriental greens; garlic; onions; kale; spinach; parsley; sea vegetables; greens + "green drink"	bell pepper; cauliflower; parsnip; endive; ginger root; sweet potato; cabbage; celery; carrots; asparagus	Brussel sprouts; beets: tops & roots; tomatoes & tomatoe juice; fresh peas; dark lettuce; all mushrooms; fresh potato w/skin; pumkin; squash; tempeh	<b>Vegetables, Beans, Legumes only use non-GMO foods</b>	corn; lentils; peanuts w/skin; organic peanut butter; soy protein powder; beans: kidney, lima navy, pinto, white, black; peas: green; split & chick; tofu (extra firm); edamame	salted peanut butter	processed soybeans; salted & sweetened peanut butter
cantaloupe; honeydew; raisins; nectarine; raspberry; watermelon; fresh black cherries; black olives in oil	apple; avocado; pink grapefruit; lemons; limes; mangoes; pear; peach	fresh pineapple; apricot; grapes; blueberry; strawberry; blackberry; papaya	<b>Fruits</b>	dried fruit; natural figs; dates; prunes; banana; unsweetened canned fruit; natural fruit juice; unsweetened jams; unsweetened preserves	olives; pickles; sweetened fruit juice; sweetened canned fruit; sweetened jams; sweetened preserves	cranberry; dried fruit; sulfured
Celtic sea salt; RealSalt (Great Salt Lake); miso & natto; cayenne; ashwagandha; gotu kola; ginkgo biloba; baking soda (sodium bicarbonate)	cinnamon; ginger; dill; mint; peppermint; turmeric; rhodiola; basil; oregano; licorice root; Siberian ginseng	most herbs; curry; mustard powder; kola nut; tamari; milk thistle; maca; astragalus; suma; echinacea	<b>Seasonings Herbs, Spices</b>	tahini; carob; cocoa; regular table salt	vanilla; nutmeg; mayonnaise; ketchup	black pepper; MSG; soya sauce; brewer's & nutritional yeast
electron-rich alkaline water; plasma activated water (PAW)	Teas: green, matcha green, ginger; rooibos; chamomile; water; ozonated water; ionized water	dry red wine; unsweetened almond milk; distilled water; beer (draft) or dark stout; black coffee (organic)	<b>Beverages</b>	unsweetened soy milk; unsweetened rice milk; black tea; black coffee; decaf coffee	coffee (milk & sugar)	alcoholic drinks; soft drinks
bee pollen; soy lectithin granules; dairy-free probiotic cultures	aloe vera juice	whole oats; quinoa; wild rice; millet & spelt; hemp protein powder	<b>Grains Cereals, Other</b>	brown & basmati rice; wheat & buckwheat; kasha; amaranth; whole wheat & corn pasta; whole grain bread	plain rice protein powder; rolled oats & oat bran; rye; white bread; white pasta; white rice	barley; pastries; cakes; tarts; cookies
pumpkin seeds; almonds w/skin; plain almond butter w/skin; all sprouts; wheat grass; alfalfa grass; barley grass	extra virgin olive oil; borage oil & primrose oil; chestnuts; nuts: Brazil & macadamia; light & dark flaxseeds; black currant oil	hazelnuts; flaxseed & sea buckthorn oils; hemp seeds & oil; sesame seeds & oil; sunflower seeds & oil; fresh coconut & oil	<b>Nuts &amp; Seeds, Grasses &amp; Sprouts, Oils</b>	popcorn; canola oil; grape seed oil; green soybeans; pine nuts; safflower oil	cashews; pecans; walnuts	pistachios; trans fatty acids; acrylamides
human breast milk	wild; ultra-pure omega3 fish oil CLA (conjugated linoleic acid)	cod liver oil	<b>Meats Fish &amp; Fowl</b>	fish; turkey; venison; wild duck; seafood	chicken; lamb; pork; veal	beef; lobster
human breast milk	dairy probiotic cultures; whey protein isolate powder	soft goat cheese; fresh goat milk	<b>Dairy, Eggs</b>	cow's milk; cream; yogurt; butter; buttermilk; white of chicken eggs	soy cheese & soft cheese; ice cream; whole chicken eggs	processed cheese; hard cheese; yolk of chicken eggs
	(unsulfured) blackstrap molasses	stevia; brown rice syrup; pure maple syrup; unpasteurized honey	<b>Sweeteners</b>	commercial honey	corn syrup & fructose; high-fructose corn syrup; sugar	artificial sweeteners
	apple cider vinegar		<b>Vinegar</b>	rice vinegar	balsamic vinegar	white vinegar