

# Chart Originating From [Essence-Of-Life.com](http://Essence-Of-Life.com)

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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

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

### ...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

Sea Veggies  
Spinach, green  
Spirulina  
Sprouts  
Sweet Potatoes  
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

Rye  
Spaghetti  
Spelt  
Wheat Germ  
Wheat

#### **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

Tropical Fruits  
Umeboshi Plums  
Watermelon

### **ALKALIZING PROTEIN**

Almonds  
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

Pork  
Rabbit  
Salmon  
Sardines  
Sausage  
Scallops  
Shellfish  
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

has an alkalinizing 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 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.

Drugs, Psychedelic  
Herbicides  
Pesticides  
Tobacco

**ACIDIFYING JUNK FOOD**

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

\*\* 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  
Brussel Sprouts  
Buckwheat  
Cashews  
Chicken  
Corn  
Cottage Cheese  
Eggs  
Flax Seeds  
Green Tea  
Herbal Tea  
Honey  
Kombucha  
Lima Beans

Maple Syrup  
Milk  
Nuts  
Organic Milk (unpasteurized)  
Potatoes, white  
Pumpkin Seeds  
Quinoa  
Sauerkraut  
Soy Products  
Sprouted Seeds  
Squashes  
Sunflower Seeds  
Tomatoes  
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**

**Extremely Alkaline**

Lemons, watermelon.

**Alkaline Forming**

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

### **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), margarine, 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 (unsulfured 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

VEGETABLES	FRUITS	OTHER
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented Veggies	Avocado	Lecithin Granules
Watercress	Banana (high glycemic)	Probiotic Cultures
Beets	Cantaloupe	Green Juices
Broccoli	Cherries	Veggies Juices
Brussel sprouts	Currants	Fresh Fruit Juice
Cabbage	Dates/Figs	Organic Milk
Carrot	Grapes	(unpasteurized)
Cauliflower	Grapefruit	Mineral Water
Celery	Lime	Alkaline Antioxidant
Chard	Honeydew Melon	Water
Chlorella	Nectarine	Green Tea
Collard Greens	Orange	Herbal Tea
Cucumber	Lemon	Dandelion Tea
Eggplant	Peach	Ginseng Tea
Kale	Pear	Banchi Tea
Kohlrabi	Pineapple	Kombucha
Lettuce	All Berries	
Mushrooms	Tangerine	<b>SWEETENERS</b>
Mustard Greens	Tomato	Stevia
Dulce	Tropical Fruits	Ki Sweet
Dandelions	Watermelon	
Edible Flowers		<b>SPICES/SEASONINGS</b>
Onions		Cinnamon
Parsnips (high glycemic)	<b>PROTEIN</b>	Curry
Peas	Eggs (poached)	Ginger
Peppers	Whey Protein	Mustard
Pumpkin	Powder	Chili Pepper
Rutabaga	Cottage Cheese	Sea Salt
Sea Veggies	Chicken Breast	Miso
	Yogurt	Tamari

### Acid Forming Foods

FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Avocado Oil	Cashews	Aspartame
Canola Oil	Brazil Nuts	Chemicals
Corn Oil	Peanuts	Drugs, Medicinal
Hemp Seed Oil	Peanut Butter	Drugs,
Flax Oil	Pecans	Psychedelic
Lard	Tahini	Pesticides
Olive Oil	Walnuts	Herbicides
Safflower Oil		
Sesame Oil	<b>ANIMAL PROTEIN</b>	<b>ALCOHOL</b>
Sunflower Oil	Beef	Beer
	Carp	Spirits
<b>FRUITS</b>	Clams	Hard Liquor
Cranberries	Fish	Wine
	Lamb	
<b>GRAINS</b>	Lobster	<b>BEANS &amp; LEGUMES</b>
Rice Cakes	Mussels	Black Beans
Wheat Cakes	Oyster	Chick Peas
Amaranth	Pork	Green Peas
Barley	Rabbit	Kidney Beans
Buckwheat	Salmon	Lentils
Corn	Shrimp	Lima Beans
Oats (rolled)	Scallops	Pinto Beans
Quinoa	Tuna	Red Beans
Rice (all)	Turkey	Soy Beans
Rye	Venison	Soy Milk
Spelt		White Beans
Kamut	<b>PASTA (WHITE)</b>	Rice Milk
Wheat	Noodles	Almond Milk
Hemp Seed	Macaroni	
Flour		
<b>DAIRY</b>		



Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies	Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts	All Herbs  <b>ORIENTAL VEGETABLES</b> Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies	Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter	Spaghetti  <b>OTHER</b> Distilled Vinegar Wheat Germ Potatoes
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## More Ranked Foods: Alkaline (pH) to Acidic (pH)

<b>Alkaline:</b> Meditation, Prayer, Peace, Kindness & Love	<b>Acid:</b> Overwork, Anger, Fear, Jealousy & Stress
<b>Extremely Alkaline Forming Foods - pH 8.5 to 9.0</b>	<b>Extremely Acid Forming Foods - pH 5.0 to 5.5</b>
<p><b>9.0</b> Lemons <b>1</b>, Watermelon <b>2</b></p> <p><b>8.5</b> Agar Agar <b>3</b>, Cantaloupe, Cayenne (Capsicum) <b>4</b>, Dried dates &amp; figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley <b>5</b>, Seedless grapes (sweet), Watercress, Seaweeds</p> <p>Asparagus <b>6</b>, Endive, Kiwifruit, Fruit juices <b>7</b>, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices <b>8</b></p>	<p><b>5.0</b> Artificial sweeteners</p> <p><b>5.5</b> Beef, Carbonated soft drinks &amp; fizzy drinks <b>38</b>, Cigarettes (tailor made), Drugs, Flour (white, wheat) <b>39</b>, Goat, Lamb, Pastries &amp; cakes from white flour, Pork, Sugar (white) <b>40</b></p> <p>Beer <b>34</b>, Brown sugar <b>35</b>, Chicken, Deer, Chocolate, Coffee <b>36</b>, Custard with white sugar, Jams, Jellies, Liquor <b>37</b>, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).</p>
<b>Moderate Alkaline - pH 7.5 to 8.0</b>	<b>Moderate Acid - pH 6.0 to 6.5</b>
<p><b>8.0</b> Apples (sweet), Apricots, Alfalfa sprouts <b>9</b>, Arrowroot, Flour <b>10</b>, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates &amp; figs (fresh), Garlic <b>11</b>, 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) <b>12</b>, Spinach</p> <p><b>7.5</b> Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli,</p>	<p><b>6.0</b> 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 &amp; rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods <b>32</b>, Wine <b>33</b>, Yogurt (sweetened)</p> <p><b>6.5</b> Bananas (green), Buckwheat, Cheeses (sharp), Corn &amp; rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain &amp; honey), Peanuts, Potatoes (with no skins), Popcorn (with salt &amp; butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)</p>

Carob  
**13**, Daikon, Ginger (fresh), Grapes (sour),  
 Kale,  
 Kohlrabi, Lettuce (pale green), Oranges,  
 Parsnip,  
 Peaches (less sweet), Peas (less sweet),  
 Potatoes  
 & 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**

**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  
  
 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)

**Slightly Acid to Neutral pH 7.0**

**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  
  
 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

**Neutral pH 7.0** Ñ 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)

**NOTE: Match with the numbers above.**

1. Excellent for *EMERGENCY SUPPORT* 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 11½ 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](#)

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**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.

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