

# Alkaline and Acid forming foods

Adapted from "Sick & Tired" and "The pH Miracle" by Dr. Robert and Shelley Young.

Highly Acidifying		Acid forming		Neutral / occasional		Neutral / frequent		Alkaline forming		Highly Alkalisng	
<u>Meat:</u>		<u>Poultry:</u>		<u>Fruit:</u>		<u>Fats:</u>		<u>Vegetables:</u>		<u>Vegetables:</u>	
Pork	-38	Chicken	-20	Watermelon	-1.0	Olive oil	+1.0	Carrot	+9.5	Wheatgrass	+33.8
Veal	-35	Eggs	-20	Orange	-9.2	Borage oil	+3.2	Spinach	+8	Cucumber	+31.5
Beef	-34.5			Ripe banana	-10	Flax seed oil	+3.5	Watercress	+7.7	Radish sprout	+28.4
		<u>Beverages:</u>						Peas	+5.1		
<u>Sweeteners:</u>		Unsweetened		<u>Fish:</u>		<u>Nuts:</u>		Green		Chicory	+14.5
Artificial	-26.5	fruit juice	-8.7	Freshwater	- 12	Almonds	+3.6	cabbage	+4.0	Celery	+13.3
		<u>Sweeteners:</u>		<u>Fresh cracked</u>		<u>Liquids:</u>		Onion	+3.0	Garlic	+13.2
<u>Beverages:</u>		White sugar	-18	<u>nuts:</u>		Water	0	Lettuce	+2.2	Beetroot	+11.3
Liquor	-32.0	Honey	-7.6	Brazil	-0.5					Green bean	+11.2
Tea (black)	-27.1			Hazelnut	-2.0	<u>Grains* &amp;</u>					
Beer	-26.8	<u>Dairy:</u>		Walnuts	-8.0	<u>Legumes*</u>		<u>Fruits:</u>			
Coffee	-25.1	Hard cheese	-18			Buckwheat		Limes	+8.2	<u>Fruit:</u>	
				<u>Seeds:</u>		flakes	+0.5	Lemons	+9.9	Avocado	+15.6
		<u>Bread:</u>		Sunflower	-5.4	Spelt	+0.5			Tomato	+13.6
		White	-10	Pumpkin	-5.6	Lentils	+0.6				
		Brown(†)	-5			Tofu	+3.2				

The figures listed show an approximate relative potential for acidity (-) or alkalinity (+) in one ounce of food.

\* Although these grains and legumes are shown in the "frequent" consumption column, it is wise to avoid excessive consumption. Grains and legumes which have not been stored are preferable to those that have.

† Although the acidity rating of bread is within the range of other foods which can be consumed "occasionally", its manufacture requires yeast and it is usually made from grains which have been stored. Both these factors can increase the likelihood of consumption promoting an acidic environment or "terrain" in the body.

The basic principal to remember is that all meat, poultry, eggs, most grains (wheat, oats, rye, barley) in bread and flours and sugars are acid forming. A proposed balance to maintain health is 70% alkaline to 30% acid forming foods. Shifting the balance in that direction is usually a valid health improving step. For those facing extreme health challenges pursuing a high alkaline diet can be highly beneficial.

For a fuller (more detailed) list of food ash (Acidity / Alkalinity) please request from food-for-life.