

# pH-11

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## ACIDIC FOOD CHART

The chart below provides a list of foods and the impact they have on the body's pH levels. The pH scale is from low to high. These charts are intended only as a **general guide** to alkalizing and acidifying foods.

### Balancing Acid/Alkaline Foods

A surprising number and variety of physical problems and diseases can be caused by the problem of foods that are acid producing after digestion. Today the vast majority of the populace in industrialized nations suffers from problems caused by the stress of acidosis, because both modern lifestyle and diet promote acidification of the body's internal environment.

The current typical Western diet is largely composed of acid-forming foods (proteins, cereals, sugars). Alkaline-producing foods such as vegetables are eaten in much smaller quantities. Stimulants like tobacco, coffee, tea, and alcohol are also extremely acidifying. Stress, and physical activity (either insufficient or excessive amounts) also cause acidification.

Many foods are alkaline-producing by nature, but manufactured processed foods are mostly acid producing. It is important to consume at least 60% alkaline-producing foods in our diet, in order to maintain health. We need plenty of fresh fruits and particularly vegetables (alkaline-producing) to balance our necessary protein intake (acid producing). In addition, we need to avoid processed, sugary or simple-carbohydrate foods, not only because they are acid producing but also because they raise blood sugar level too quickly (high glycemic index therefore fattening); plus they tend to be nutrient lacking and may be toxic too.

#### What is the body's pH?

Water is the most abundant compound in the human body, comprising 70% of the body. The body therefore contains a wide range of solutions, which may be more or less acid. pH (potential of Hydrogen) is a measure of the acidity or alkalinity of a solution - the ratio between positively charged ions (acid forming) and negatively charged ions (alkaline-forming.) The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. If blood pH moves below 6.8 or above 7.8, cells stop functioning and the body dies. The body therefore continually strives to balance pH. When this balance is compromised, many problems can occur.

An imbalanced diet high in acidic-producing foods such as animal protein, sugar, caffeine, and processed foods puts pressure on the body's regulating systems to maintain pH neutrality. The extra buffering required can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making the person prone to chronic and degenerative disease. Minerals are borrowed from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage--a condition that may go undetected for years.

### Health problems caused by acidosis

Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. Therefore, no matter what means you choose to take care of your health, it will not be effective until the pH level is balanced. If your body's pH is not balanced, for example, you cannot effectively assimilate vitamins, minerals, and food supplements. Your body pH affects everything.

Acidosis will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

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 buildup of acids in the cells will occur. Acidosis can cause such problems as:

<b>Beginning Symptoms</b>	<b>Intermediate Symptoms</b>	<b>Advanced Symptoms</b>
<ol style="list-style-type: none"><li>1. Acne</li><li>2. Agitation</li><li>3. Muscular pain</li><li>4. Cold hands and feet</li><li>5. Dizziness</li><li>6. Low energy</li><li>7. Joint pains that travel</li><li>8. Food allergies</li><li>9. Chemical sensitivities to odor, gas heat</li><li>10. Hyperactivity</li><li>11. Panic attacks</li><li>12. Pre-menstrual and menstrual cramping</li><li>13. Pre-menstrual anxiety and depression</li><li>14. Lack of sex drive</li><li>15. Bloating</li><li>16. Heartburn</li><li>17. Diarrhea</li><li>18. Constipation</li><li>19. Hot urine</li><li>20. Strong smelling urine</li><li>21. Mild headaches</li><li>22. Rapid panting breath</li><li>23. Rapid heartbeat</li><li>24. Irregular heartbeat</li><li>25. White coated tongue</li><li>26. Hard to get up in morning</li><li>27. Excess head mucous (stuffiness)</li><li>28. Metallic taste in mouth</li></ol>	<ol style="list-style-type: none"><li>1. Cold sores (Herpes I &amp; II)</li><li>2. Depression</li><li>3. Loss of memory</li><li>4. Loss of concentration</li><li>5. Migraine headaches</li><li>6. Insomnia</li><li>7. Disturbance in smell, taste, vision, hearing</li><li>8. Asthma</li><li>9. Bronchitis</li><li>10. Hay fever</li><li>11. Ear aches</li><li>12. Hives</li><li>13. Swelling</li><li>14. Viral infections (colds, flu)</li><li>15. Bacterial infections (staph, strep)</li><li>16. Fungal infections (Candia albicans, athlete's foot, vaginal)</li><li>17. Impotence</li><li>18. Urethritis</li><li>19. Cystitis</li><li>20. Urinary infection</li><li>21. Gastritis</li><li>22. Colitis</li><li>23. Excessive falling hair</li><li>24. Psoriasis</li><li>25. Endometriosis</li><li>26. Stuttering</li><li>27. Numbness and tingling</li><li>28. Sinusitis</li></ol>	<ol style="list-style-type: none"><li>1. Crohn's disease</li><li>2. Schizophrenia</li><li>3. Learning disabled</li><li>4. Hodgkin's Disease</li><li>5. Systemic Lupus Erythematosus</li><li>6. Multiple Sclerosis</li><li>7. Sarcoidosis</li><li>8. Rheumatoid arthritis</li><li>9. Myasthenia gravis</li><li>10. Scleroderma</li><li>11. Leukemia</li><li>12. Tuberculosis</li><li>13. All other forms of cancer</li></ol>

Source: *Alkalize or Die*, Dr. Theodore A. Baroody, 2001.

### **Test Your Body's Acidity or Alkalinity with pH Strips**

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

### **Urine pH**

The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control the acid level. If acid levels are too high, the body will not be able to excrete acid. It must either store the acid in body tissues (autotoxication) or buffer it—that is, borrow minerals from organs, bones, etc. in order to neutralize acidity.

### **Saliva pH**

You'll also want to test the pH of your saliva. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

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Category	Food	Acidity Level		
		More	←→	Less
<b>Breads</b>	Biscuits		X	
Breads	Cookies	X		
Breads	Corn Pasta			
Breads	Corn Tortillas		X	
Breads	Pasta		X	
Breads	Pastries Cakes	X		
Breads	Rye Bread			X
Breads	Sourdough Bread		X	
Breads	White biscuit			X
Breads	White Bread		X	
Breads	Whole Grain Bread			X
Breads	Whole Meal Bread			X
Breads	Whole Wheat Pasta			X
<b>Condiments</b>	Ketchup		X	
Condiments	Mayonnaise		X	
Condiments	Miso		X	
Condiments	Mustard		X	
Condiments	Soy sauce		X	
<b>Dairy</b>	Butter			X
Dairy	Buttermilk			X
Dairy	Camembert		X	
Dairy	Cheese (all varieties, from all milks)		X	
Dairy	Cheese (processed)	X		
Dairy	Cottage Cheese			X
Dairy	Cream			X
Dairy	Egg whites			X
Dairy	Eggs (whole)		X	
Dairy	Ice Cream		X	
Dairy	Milk (homogenized)			X
Dairy	Milk (not pasteurized)			X
Dairy	Milk (pasteurized)		X	
Dairy	Paneer (cheese)		X	
Dairy	Parmesan	X		
Dairy	Quark		X	
Dairy	Rice Milk (unsweetened)			X
Dairy	Soy Milk (unsweetened)			X
Dairy	Yoghurt (sweetened)	X		
Dairy	Yoghurt (unsweetened)			X
<b>Beverages &amp; Drinks</b>	Beer	X		
Beverages & Drinks	Cocoa			X
Beverages & Drinks	Coffee	X		
Beverages & Drinks	Coffee Decaf			X
Beverages & Drinks	Coffee Substitute Drinks			X
Beverages & Drinks	Fruit juice (natural)			X
Beverages & Drinks	Fruit juice (sweetened)	X		
Beverages & Drinks	Liquor	X		
Beverages & Drinks	Soda / Pop	X		
Beverages & Drinks	Tea (black)	X		
Beverages & Drinks	Water (sparkling)		X	
Beverages & Drinks	Water (spring)			X

Category	Food	Acidity Level More ←→ Less		
Beverages & Drinks	Wine		X	
<b>Fats &amp; Oils</b>	Butte			X
Fats & Oils	Canola Oil			X
Fats & Oils	Corn Oil			X
Fats & Oils	Grape Seed Oil			X
Fats & Oils	Lard			X
Fats & Oils	Margarine			X
Fats & Oils	Safflower Oil			X
<b>Fruits</b>	Arai Berry			X
Fruits	Apricots			X
Fruits	Apricots			X
Fruits	Apricots (dried)			X
Fruits	Banana (ripe)			X
Fruits	Blackberries			X
Fruits	Blueberry			X
Fruits	Cantaloupe			X
Fruits	Cherry (sweet)			X
Fruits	Clementine's			X
Fruits	Cranberry			X
Fruits	Currant			X
Fruits	Dates (dried)			X
Fruits	Fig juice powder			X
Fruits	Goji Berries			X
Fruits	Gooseberry (ripe)			X
Fruits	Italian Plum			X
Fruits	Mandarin Orange		X	
Fruits	Orange			X
Fruits	Nectarines			X
Fruits	Pineapple			X
Fruits	Plums			X
Fruits	Pomegranate		X	
Fruits	Raspberry		X	
Fruits	Red currant			X
Fruits	Rose Hips		X	
Fruits	Tangerine			X
Fruits	Yellow Plum			X
<b>Grains &amp; Legumes</b>	Bulgur Wheat			X
Grains & Legumes	Couscous			X
Grains & Legumes	Kidney Beans			X
Grains & Legumes	Navy Beans (white)		X	
Grains & Legumes	Oats			X
Grains & Legumes	Pinto Beans		X	
Grains & Legumes	Rice Basmati			X
Grains & Legumes	Rice Brown		X	
Grains & Legumes	Rice White		X	
Grains & Legumes	Rye Bread			X
Grains & Legumes	Soybeans (green)			X
Grains & Legumes	Wheat		X	
<b>Meat, Poultry &amp; Fish</b>	Beef	X		

Category	Food	Acidity Level More ←→ Less		
Meat, Poultry & Fish	Buffalo		X	
Meat, Poultry & Fish	Chicken		X	
Meat, Poultry & Ash	Duck		X	
Meat, Poultry & Fish	Fresh Water Fish		X	
Meat, Poultry & Fish	Lamb		X	
Meat, Poultry & Fish	Liver			X
Meat, Poultry & Fish	Lobster	X		
Meat, Poultry & Fish	Ocean Fish		X	
Meat, Poultry & Fish	Organ Meats			X
Meat, Poultry & Fish	Oysters			X
Meat, Poultry & Fish	Pork	X		
Meat, Poultry & Fish	Sardines (canned)	X		
Meat, Poultry & Fish	Seafood (general)			X
Meat, Poultry & Fish	Tuna (canned)	X		
Meat, Poultry & Fish	Turkey			X
Meat, Poultry & Fish	Veal	X		
Meat, Poultry & Fish	Venison			X
Meat, Poultry & Fish	Wild Duck			X
Meat, Poultry & Fish	Wild Salmon	X		
<b>Misc</b>	<b>Canned Foods</b>		X	
Misc	Cereals (like Kellogg's etc)		X	
Misc	Hummus			X
Misc	Microwave Foods		X	
Misc	Soy Protein Powder			X
Misc	Tempeh			X
Misc	Vinegar Balsamic		X	
Misc	Vinegar Rice			X
Misc	Vinegar White	X		
Misc	Whey Protein Powder			X
<b>Nuts &amp; Seeds</b>	<b>Barley</b>			X
Nuts & Seeds	Cashews			X
Nuts & Seeds	Filberts			X
Nuts & Seeds	Peanut Butter (raw, organic)		X	
Nuts & Seeds	Peanuts		X	
Nuts & Seeds	Pecans		X	
Nuts & Seeds	Pistachios		X	
Nuts & Seeds	Popcorn			X
Nuts & Seeds	Sunflower Seeds			X
Nuts & Seeds	Walnuts		X	
Nuts & Seeds	Wheat Kernel		X	
<b>Roots</b>	<b>Sweet Potatoes</b>			X
<b>Spices, Herbs &amp;Season</b>	<b>Black Pepper</b>	X		
Spices, Herbs &Season	Brewer's & Nutritional Yeast	X		
Spices, Herbs &Season	Carob			X
Spices, Herbs &Season	Cocoa			X
Spices, Herbs &Season	MSG	X		
Spices, Herbs &Season	Nutmeg		X	
Spices, Herbs &Season	Table Salt			X
Spices, Herbs &Season	Tahini (Sesame paste)			X

Category	Food	Acidity Level More ←→ Less		
Spices, Herbs & Season	Vanilla		X	
<b>Sweets &amp; Sweeteners</b>	Agave Nectar			X
Sweets & Sweeteners	Alcohol Sugars (xylitol and the other sacharides)		X	
Sweets & Sweeteners	Artificial Sweeteners	X		
Sweets & Sweeteners	Beet Sugar		X	
Sweets & Sweeteners	Chocolates		X	
Sweets & Sweeteners	Dr Bronner's Barley Malt Sweetener			X
Sweets & Sweeteners	Dried Sugar Cane Juice			X
Sweets & Sweeteners	Fructose		X	
Sweets & Sweeteners	Fructose-High Corn Syrup		X	
Sweets & Sweeteners	Halva (ground sesame seed, sweet)		X	
Sweets & Sweeteners	Honey (processed)			X
Sweets & Sweeteners	Jam		X	
Sweets & Sweeteners	Milk Sugar			X
Sweets & Sweeteners	Molasses		X	
Sweets & Sweeteners	Sugar (brown)		X	
Sweets & Sweeteners	Sugar (white)		X	
Sweets & Sweeteners	Sugarcane		X	
Sweets & Sweeteners	Syrup Barley Malt			X
Sweets & Sweeteners	Syrup Brown Rice			X
Sweets & Sweeteners	Syrup Corn		X	
Sweets & Sweeteners	Turbinado Sugar			X
Sweets & Sweeteners	Xylitol		X	
<b>Vegetables</b>	Blue-Green Algae			X
Vegetables	Canned Vegetables		X	
Vegetables	Cooked Vegetables (all kinds)			X
Vegetables	Frozen Vegetables		X	
Vegetables	Mushrooms			X
Vegetables	Pickled Vegetables	X		
Vegetables	Sauerkraut		X	
Vegetables	Yeast			X

The above chart was compiled from many resources throughout the Internet. This chart is not all-inclusive and there are many variations and opinions on exactly where foods Acidity levels fall (More or Less Acidity) on the chart. Use this chart as a general reference and it will help you in balancing your diet intake.