

# pH-11

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## ALKALINE 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 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	Alkaline Level Less ← → More		
Dairy	Almond Butter (skin)		X	
Dairy	Almond Litter (raw)	X		
Dairy	Almond Milk (unsweetened)	X		
Dairy	Dairy Probiotic Cultures		X	
Dairy	Goat's Cheese (soft)	X		
Dairy	Goat's Milk	X		
Dairy	Soy Cheese	X		
Dairy	Whey	X		
Dairy	Whey Protein (isolate powder)		X	
<b>Beverages &amp; Drinks</b>				
Beverages & Drinks	Beer (draft)	X		
Beverages & Drinks	Beer (dark stout)	X		
Beverages & Drinks	Chamomile		X	
Beverages & Drinks	Coffee Black (organic)	X		
Beverages & Drinks	Electron-Rich Alkaline Water			X
Beverages & Drinks	Ginger Tea	X		
Beverages & Drinks	Lemon Water			X
Beverages & Drinks	Matcha Green Tea (finely-powdered <i>green tea</i> used particularly in the Japanese <i>tea</i> ceremony)		X	
Beverages & Drinks	Plasma Activated Water (PAW)			X
Beverages & Drinks	Rooibos ( <i>Rooibos</i> tea, bush tea (esp. southern Africa))		X	
Beverages & Drinks	Tea (green)		X	
Beverages & Drinks	Tea (herbal, green)	X		
Beverages & Drinks	Water Distilled	X		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)	X		
Beverages & Drinks	Water Ionized		X	
Beverages & Drinks	Water Ozonated (In Russia and Cuba, <i>ozonated water</i> is used to treat many types of intestinal & gynecological problems including ulcerative colitis.)		X	
Beverages & Drinks	Wine (dry red)	X		
<b>Fats &amp; Oils</b>				
Fats & Oils	Black Currant Oil		X	
Fats & Oils	Borage Oil	X		
Fats & Oils	Coconut Oil (raw)	X		
Fats & Oils	Cod Liver Oil	X		
Fats & Oils	Evening Oil	X		
Fats & Oils	Flax Seed Oil	X		
Fats & Oils	Hemp Oil	X		
Fats & Oils	Marine Lipids	X		
Fats & Oils	Olive Oil	X		
Fats & Oils	Olive Oil (extra virgin)		X	
Fats & Oils	Primrose Oil		X	
Fats & Oils	Sea Buckthorn Oil	X		
Fats & Oils	Sesame Oil	X		
Fats & Oils	Sunflower Oil	X		
<b>Fruits</b>				
Fruits	Apples	X		
Fruits	Avocado (protein)		X	
Fruits	Banana (unripe)	X		
Fruits	Black Currant	X		
Fruits	Cherry (sour)	X		
Fruits	Coconut (fresh)	X		

Category	Food	Alkaline Level Less ← → More		
Fruits	Dates	X		
Fruits	Figs (dried)		X	
Fruits	Figs (raw)	X		
Fruits	Grapefruit	X		
Fruits	Grapes (ripe)	X		
Fruits	Lemons (fresh)	X		
Fruits	Kiwi	X		
Fruits	Limes	X		
Fruits	Mango	X		
Fruits	Olives	X		
Fruits	Papaya	X		
Fruits	Peach	X		
Fruits	Pear	X		
Fruits	Raisins		X	
Fruits	Strawberries	X		
Fruits	Tomato		X	
Fruits	Watermelon	X		
<b>Grains &amp; Legumes</b>				
Grains & Legumes	Amaranth (grain)	X		
Grains & Legumes	Buckwheat	X		
Grains & Legumes	Granulated Soy (cooked, ground)		X	
Grains & Legumes	Kamut	X		
Grains & Legumes	Lentils	X		
Grains & Legumes	Lima beans		X	
Grains & Legumes	Millet	X		
Grains & Legumes	Quinoa	X		
Grains & Legumes	Rice Wild	X		
Grains & Legumes	Soy Flour	X		
Grains & Legumes	Soy Lecithin (pure)			X
Grains & Legumes	Soy Nuts (soaked soy beans, then dried)			X
Grains & Legumes	Soybeans (fresh)		X	
Grains & Legumes	Spelt	X		
Grains & Legumes	Tofu	X		
<b>Grasses &amp; Sprouts</b>				
Grasses & Sprouts	Alfalfa Grass			X
Grasses & Sprouts	Barley Grass			X
Grasses & Sprouts	Dog Grass			X
Grasses & Sprouts	Kamut grass			X
Grasses & Sprouts	Shave Grass			X
Grasses & Sprouts	Soy Sprouts			X
Grasses & Sprouts	Sprouts (general)			X
Grasses & Sprouts	Sprouted Seeds (all kinds)			X
Grasses & Sprouts	Straw Grass			X
Grasses & Sprouts	Wheat Grass			X
<b>Meat, Poultry &amp; Fish</b>				
Meat, Poultry & Fish	White (navy) Hearts		X	
Meat, Poultry & Ash	Fish Oil Wild (ultra-pure omega3 CLA)		X	
<b>Misc</b>				
Misc	Baking Soda		X	
Misc	Bee Pollen	X		
Misc	Carob		X	

Category	Food	Alkaline Level Less ← → More		
Misc	Hemp Protein Powder	X		
Misc	Vinegar Apple Cider	X		
<b>Nuts &amp; Seeds</b>				
Nuts & Seeds	Almonds	X		
Nuts & Seeds	Almonds (skin)		X	
Nuts & Seeds	Brazil Nuts	X		
Nuts & Seeds	Caraway Seeds	X		
Nuts & Seeds	Chestnuts	X		
Nuts & Seeds	Cumin Seeds	X		
Nuts & Seeds	Fennel Seeds	X		
Nuts & Seeds	Flax Seeds	X		
Nuts & Seeds	Hazelnut	X		
Nuts & Seeds	Hemp Seeds	X		
Nuts & Seeds	Macadamia Nuts (raw)	X		
Nuts & Seeds	Pine Nuts (raw)	X		
Nuts & Seeds	Pumpkin Seeds	X		
Nuts & Seeds	Sesame Seeds	X		
<b>Roots</b>				
Roots	Carrot	X		
Roots	Fresh Red Beets		X	
Roots	Kohlrabi	X		
Roots	Potatoes	X		
Roots	Red Radish		X	
Roots	Rutabaga	X		
Roots	Summer Black Radish			X
Roots	Turnip	X		
Roots	White Radish (spring)	X		
Roots	Yams	X		
<b>Spices, Herbs &amp; Season</b>				
Spices, Herbs & Season	Ashwagandha (Indian Ginseng)			X
Spices, Herbs & Season	Astragalus	X		
Spices, Herbs & Season	Baking Soda (sodium bicarbonate)			X
Spices, Herbs & Season	Basil		X	
Spices, Herbs & Season	Cayenne			X
Spices, Herbs & Season	Celtic Sea Salt			X
Spices, Herbs & Season	Cinnamon		X	
Spices, Herbs & Season	Curry	X		
Spices, Herbs & Season	Dill		X	
Spices, Herbs & Season	Echinacea	X		
Spices, Herbs & Season	Ginger		X	
Spices, Herbs & Season	Ginkgo Biloba			X
Spices, Herbs & Season	Gotu Kola			X
Spices, Herbs & Season	Herbs (most)	X		
Spices, Herbs & Season	Kola Nut	X		
Spices, Herbs & Season	Licorice Root		X	
Spices, Herbs & Season	Maca Root	X		
Spices, Herbs & Season	Milk Thistle	X		
Spices, Herbs & Season	Mint		X	
Spices, Herbs & Season	Miso (Japanese seasoning)			X
Spices, Herbs & Season	Mustard Powder	X		
Spices, Herbs & Season	Natto			X

Category	Food	Alkaline Level Less ← → More		
Spices, Herbs & Season	Oregano		X	
Spices, Herbs & Season	Parsley			X
Spices, Herbs & Season	Peppermint		X	
Spices, Herbs & Season	Rhodiola		X	
Spices, Herbs & Season	Siberian Ginseng		X	
Spices, Herbs & Season	Suma	X		
Spices, Herbs & Season	Table Salt (Great Salt Lake)			X
Spices, Herbs & Season	Tamari	X		
Spices, Herbs & Season	Turmeric		X	
<b>Sweets &amp; Sweeteners</b>				
Sweets & Sweeteners	Honey (raw)	X		
Sweets & Sweeteners	Jelly Royal	X		
Sweets & Sweeteners	Molasses Blackstrap (unsulfured)		X	
Sweets & Sweeteners	Stevia		X	
Sweets & Sweeteners	Sugar (raw)	X		
Sweets & Sweeteners	Syrup Maple	X		
Sweets & Sweeteners	Syrup Rice	X		
<b>Vegetables</b>				
Vegetables	Alfalfa		X	
Vegetables	Artichokes	X		
Vegetables	Asparagus	X		
Vegetables	Aubergine / Egg Plants	X		
Vegetables	Basil	X		
Vegetables	Beets		X	
Vegetables	Beet Root	X		
Vegetables	Bell Peppers / Capsicums (all colors)	X		
Vegetables	Bok Choy	X		
Vegetables	Broccoli			X
Vegetables	Brussels Sprouts	X		
Vegetables	Cabbage Lettuce (fresh)		X	
Vegetables	Carrots		X	
Vegetables	Cauliflower	X		
Vegetables	Cayenne Pepper		X	
Vegetables	Celery		X	
Vegetables	Chives	X		
Vegetables	Cilantro		X	
Vegetables	Comfrey	X		
Vegetables	Corn (fresh)	X		
Vegetables	Corn (sweet)	X		
Vegetables	Cucumber (fresh)			X
Vegetables	Dandelion			X
Vegetables	Endive (fresh)		X	
Vegetables	French Cut (green) Beans		X	
Vegetables	Garlic		X	
Vegetables	Ginger		X	
Vegetables	Ginseng	X		
Vegetables	Green Beans		X	
Vegetables	Green Cabbage (December)	X		
Vegetables	Green Cabbage (March)	X		
Vegetables	Horse Radish	X		
Vegetables	Jicama			X

Category	Food	Alkaline Level Less ← → More		
Vegetables	Kale			X
Vegetables	Lamb's lettuce	X		
Vegetables	Leeks (bulbs)	X		
Vegetables	Lettuce	X		
Vegetables	Mustard Greens	X		
Vegetables	Onion	X		
Vegetables	Oregano		X	
Vegetables	Parsnips	X		
Vegetables	Peas (fresh)	X		
Vegetables	Peas (ripe)	X		
Vegetables	Peppers	X		
Vegetables	Potatoes (see roots)	X		
Vegetables	Pumpkins (raw)	X		
Vegetables	Raw Onions	X		
Vegetables	Raw Spinach			X
Vegetables	Red Cabbage	X		
Vegetables	Rhubarb Stalks	X		
Vegetables	Savoy Cabbage	X		
Vegetables	Vegetables	X		
Vegetables	Sorrel		X	
Vegetables	Spinach (March)	X		
Vegetables	Spinach (other than March)		X	
Vegetables	Spinach (cooked)	X		
Vegetables	Squash (all kinds, raw)	X		
Vegetables	Thyme	X		
Vegetables	Tomatoes (puree)	X		
Vegetables	Tomatoes (raw)	X		
Vegetables	Tomatoes (sundried)	X		
Vegetables	Vegetable Juices			X
Vegetables	Watercress	X		
Vegetables	White Cabbage	X		
Vegetables	Zucchini	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 Alkalinity levels fall (More or Less Alkaline) on the chart. Use this chart as a general reference and it will help you in balancing your diet intake.