

## Acid-Alkaline Foods

The body fluids of the healthy are alkaline (high pH), whereas the body fluids of the sick are acidic (low pH). Most degenerative diseases attributed to ageing, such as cancer, osteoporosis, heart disease, as well as other diseases such as allergies, kidney stones and gallstones have all been scientifically linked to calcium and other mineral deficiencies that result in the body fluids becoming acidic. Acidosis is a common denominator in over 150 degenerative diseases.

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda	Spices	Herbs (most)		<b>Spices / Herbs</b>	Curry	Vanilla	Nutmeg	Pudding Jam/Jelly
Lime Nectarines Persimmon* Raspberry Watermelon Tangerine	Grapefruit Cantaloupe Honeydew Citrus Mango Dewberry Loganberry	Lemon Pear, Apple Avocado Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Raisin Currant Grape Strawberry	<b>Fruits</b>	Guava Dry fruit Figs Dates Juice of*	Plum Prune Tomatoes	Cranberry Pomegranate	
Lentils Yam Onion, Daikon Taro Root Sea Veggies Burdock Sweet potato	Parsnips Garlic, Kale Parsley Endive Mustard green Ginger root Broccoli	Potato Bell Pepper Mushroom Cauliflower Eggplant Pumpkin Collard greens	Brussels sprout Beet Chive Okra Turnip greens Squash Lettuces	<b>Vegetables Beans Legumes</b>	Spinach Fava beans Kidney beans String beans Chutney Rhubarb	Tofu Pinto beans White beans Navy beans Adzuki beans Lima beans Chard	Green pea Peanut Snow pea Legumes (other) Carrots Chick pea	Soybean
Pumpkin seed	Poppy seeds	Primrose oil Sesame seeds Cod Liver oil Almonds Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Linseed oil	<b>Nuts/Seeds Sprouts Oils</b>	Oil of Pumpkin Grape seed Sunflower Canola Pine nuts	Almond oil Sesame oil Safflower oil	Pistachio Pecans	Hazelnuts Walnuts Brazil nuts
			Oats	<b>Grains</b>	Millet, kasha	Buckwheat	Corn	Barley
			Quinoa	<b>Cereals</b>	Triricale Amaranth Brown Rice	Wheat, spelt Semolina Teff	Rye Oat Bran	
				<b>Fowl</b>	Wild duck	Goose Turkey	Chicken	Pheasant
				<b>Meat</b>	Venison	Lamb Mutton Elk	Pork Veal	Beef
				<b>Fish Shell Fish</b>	Fish	Shellfish	Mussels Squid	Lobster
		Quail eggs	Duck eggs	<b>Eggs</b>	Chicken eggs			
				<b>Dairy</b>	Cream Yogurt	Cow/Goat milk Aged cheese Soy Cheese	Casein New Cheese	Processe d cheese Ice Cream
		Green/Mu Tea	Ginger Tea	<b>Beverages</b>	Kona Coffee	Black Tea	Coffee	Beer
	Molasses	Rice Syrup	Sucanal	<b>Sweeteners</b>	Honey Maple Syrup		Saccharin	Sugar Cocoa