

1.0 - 1.5		2.0-2.5-3.0		3.5-4.5		NEUTRAL PH 3.5 - 4.0 – 4.5		5.0 – 5.5		6.0 - 6.5		7.0 - 7.5	
MOST ACIDIC		ACIDIC		LEAST ACIDIC		FOOD CATEGORIES		LEAST ALKALINE		ALKALINE		MOST ALKALINE	
NutraSweet, Equal, etc.		White Sugar, Brown Sugar		Processed Honey, Molasses		SWEETENERS		Agave, Raw Honey, & Sugar, Brown rice		Maple Syrup, Rice Syrup		Stevia	
		Sour Cherries		Plums, Prunes, Blueberries, Cranberries, Processed Fruit Juices		FRUITS		Oranges, Bananas, Cherries, Carob Peaches, Apples Strawberries Raspberries, Olives		Melons, Grapes, Fresh Figs, Papaya, Apricots. Avocados, Kiwi, Berries, Apples, Pineapple, Pears, Grapefruit, Raisins		Lemons, Dates, Watermelon, Limes, Melons Grapes, Mangos Riper Papaya, Dried Figs	
		Pickles, Lentils, Potatoes - without skins, Dried Beans: Lima, Popcorn		Cooked Spinach, Most Dried Beans Mushrooms, Sauerkraut, Rhubarb, Tomato		VEGETABLES		Fresh Corn, Kale, Leeks, Peas Cucumber, Cabbage, Onions Cauliflower, Olives, Peppers, Carrots, Squash		Chard, Spinach Green Beans, Celery, L. Lettuce, Chard Zucchini, Broccoli, Onions, Beets, Okra Potato Skins		Asparagus, Kelp, Vegetable Juices, Kelp, All Seaweed Parsley, Raw Garlic, Watercress	
Refined Salt		Most Nuts, Sunflower seed		Pecans, Sesame, Sunflower seeds		NUTS & SEEDS Misc.		Almonds Chestnuts Sprouted dry beans		Sprouted Alfalfa, soybeans, Chia			
White Vinegar		Some Spices		Most Veg. Oils		OILS		A. C. Vinegar		Flax Seed Oil		Olive Oil	
Flour, White Rice, Bread, Cereals, Pasta		Rice, Basmati & Brown, Rye Buckwheat		Org. Soybeans, Quinoa, Spelt, Barley		DRIED BEANS, GRAINS CEREALS		Amaranth, Millet, Wild Rice, Quinoa Tofu					
All Meat Refined Salt		Fish, Shellfish nutmeg mustard		Venison, Cold Water Fish		< MEATS < SPICES >		Cinnamon, Ginger, Vanilla, Sea Salt		Bay Leaves, Marjoram, Chives			
Homo. Milk, Ice Cream		Raw Milk Hard B. Eggs, Sharp Cheese		Org. Eggs, Butter Plain Yogurt, Cheese, Milk,		EGGS, DAIRY, Misc >		Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey		Carob, Pumpkin, Garlic		Cayenne Pepper, Ginger Root	
All Alcoholic Pop, Coffee		Sweetened juices		Tea		BEVERAGES		Ginger Tea Herb Teas		Fruit Juices, Green Tea, Herb Teas		Juice: Fine Barley Grass	