

# ACID/ALKALINE FOOD CHART

HIGHLY ALKALINE-FORMING	MODERATELY ALKALINE-FORMING	SLIGHTLY ALKALINE-FORMING	NEUTRAL	SLIGHTLY ACID-FORMING	MODERATELY ACID-FORMING	HIGHLY ACID-FORMING
<p>7.5</p> <p>MEDITATION PRAYER PEACE KINDNESS LOVE REST &amp; SLEEP GOOD HUMOUR FRESH AIR EXERCISE (NON-CONFRONTATIONAL) CONNECTION LAUGHTER PLEASURE</p> <p>Barley grass powder Lemons Watermelon Wheat grass juice</p> <p>7.0</p> <p>Alkaline water Agar Agar Cantaloupe Cayenne Dried dates &amp; figs Kelp Limes Mango Melons Papaya Parsley Grapes Watercress Seaweeds</p> <p>6.5</p> <p>Herbal &amp; green teas Sprouted organic beans, peas, seeds Asparagus Endive Kiwi Juiced fruits Passionfruit Pears Pineapple Raisins Plum Juiced vegetables</p>	<p>6.0</p> <p>Black tea Apples Apricots Alfalfa sprouts Arrowroot flour Avocados Bananas, ripe Berries Carrots Celery Currants Dates &amp; figs, fresh Garlic Gooseberry Grapefruit Guava Herbs, leafy green Lettuce, leafy green Nectarine Peaches Pears Persimmon Pumpkin Spinach</p> <p>5.5</p> <p>Bamboo shoots Beans, fresh green Beets Bell pepper Broccoli Cabbage Cauliflower Carob Daikon Ginger, fresh Kale Kohlrabi Oranges Parsnip Peas Potatoes &amp; skin Raspberry Strawberry Squash Sweet corn Tamari Turnip Vinegar, apple cider</p>	<p>5.0</p> <p>Almonds Artichokes Brown Rice Syrup Brussel Sprouts Cherries Coconut, fresh Cucumbers Egg plant Honey, raw Leeks Miso Mushrooms Okra Olives Onions Pickles, homemade Radish Sea salt Spices Taro Tomatoes Water Chestnuts</p> <p>4.5</p> <p>Black tea Amaranth Artichoke Chestnuts, roasted Egg yolks Essene bread Goat's milk, raw Horseradish Millet Olive oil Quinoa Rhubarb Sesame seeds Sprouted grains Yeast, nutritional flakes</p>	<p>4.0</p> <p>Herbal teas from roots (ginger, ginseng, licorice) 5.5 to 4.0 Weak black coffee (no sugar, no milk) Butter, unsalted Cream, fresh &amp; raw Milk, raw Oils (except olive) Whey, cow's Yogurt, plain</p>	<p>3.5</p> <p>Blueberries Brazil nuts Butter, salted Cheeses, mild &amp; crumbly Dried beans Dry coconut Egg whites Goats milk, homo Olives, pickled Pecans Plums Prunes Spelt</p> <p>3.0</p> <p>Barley malt syrup Barley Bran Cashews Cornmeal Cranberries Fructose Honey, pasteurized Lentils Macadamias Maple syrup, raw Milk, homogenized Most dairy products Molasses, organic Nutmeg Mustard Pistachios Popcorn &amp; butter Rice or wheat crackers Rye, grain Ryebread (organic sprouted) Seeds, pumpkin &amp; sunflower Walnuts</p>	<p>2.5</p> <p>Tea &amp; coffee with milk &amp; no sugar Bananas, green Buckwheat Cheeses, sharp Corn &amp; rice breads Egg, cooked hard Ketchup Mayo Oats Pasta, whole grain Peanuts Potatoes, no skin Rice, basmati Rice, brown Soy sauce, commercial Tapioca Wheatbread, organic sprouted</p> <p>2.0</p> <p>Tea &amp; coffee with milk and sugar Cream of wheat Fish Fruit juices with sugar Maple syrup, processed Molasses, sulphured Pickles, commercial Breads (refined) of corn, oats, rice, rye Cereals (refined) Shellfish Wheatgerm Whole wheat foods Wine Yogurt</p>	<p>1.5</p> <p>Beer Brown sugar Chicken Deer Chocolate Custard with white sugar Jams Jellies Liquor Pasta, white Rabbit Semolina Table salt Turkey Wheat bread White rice White vinegar</p> <p>1.0</p> <p>Beef Pop &amp; fizzy drinks Cigarettes &amp; drugs Flour, white wheat Goat Lamb Pastries &amp; cakes from white flour Pork Sugar, white</p> <p>0.5</p> <p>Artificial sweeteners</p> <p>OVERWORK ANGER FEAR JEALOUSY STRESS GOSSIP HATRED</p>

SOME BASICS:

[1] Aim for 80% Alkaline-forming foods and 20% Acid-forming foods for health (especially in Spring & Summer).

[2] In our cold winters, we may need more acid-forming foods. Keep your nutrition healthy, but choosing more acid-forming foods may be beneficial. Listen to your intuition and find your balance.

[3] Hard workers can burn up heavy foods (again choose clean & healthy foods), while those who are sedentary stay healthier on lighter cleaner burning foods.

[4] Deep breathing releases at least 50% of body toxins, so take care to make this part of your regimen. Research deep breathing or learn from someone knowledgeable on deep breathing practices.

[5] Create peaceful mealtimes and give thanks for the gift of food & medicine.

[6] Start your meal with raw sprouts or a few mouthfuls of raw veggies for living enzymes.

[7] See your blood type food chart for basics on how to combine foods.

[8] Pay particular attention to how chronic stress, anger, overwork, etc can create acid-forming conditions in the body, which is conducive to sickness and disease. Working towards emotional and mental health (it is a process and a journey) creates a healthier inner terrain.

\*The foods in this chart are based on the research and clinical findings of Dr. Baroody. Read "Alkalize or Die" by Dr. Baroody.