All food digested in our bodies metabolizes, or burns, down to an ash residue. This ash residue can be neutral, acidic, or alkaline, depending mostly on the mineral content of the original food. For example, potassium, calcium, magnesium, sodium, zinc, silver, copper, and iron form basic ash; sulphur, phosphorus, chlorine, and iodine leave acid ash. Most elements are alkaline.

Fortunately for us, it is easy to categorize which foods leave which kind of ash. In general, animal foods - meat, eggs, dairy - processed and refined foods, yeast products, fermented foods, grains, artificial sweeteners, fruit, and sugars are acidifying, as are alcohol, coffee, chocolate, black tea, and sodas. Vegetables, on the other hand, are alkalizing. That includes a few that are technically fruits: avocado, tomato, and bell peppers. A few non sweet citrus fruits are also basic in the body, as are sprouted seeds, nuts, and grains. Grains are acidifying, though a few (millet, buckwheat, and spelt) are only very mildly so. Raw foods are more alkalizing, while cooked food is more acidifying. To maintain a balanced pH in your blood and tissues, your diet should consist of at least 70 to 80 percent basic foods - that is, no more than 20 to 30 percent acidifying foods (and at least half of that 70 to 80 percent should be raw) The more alkaline your diet, the more rapid your improvement will be. Unlike the familiar "food pyramid," which has an overall acidic effect, this program will bring you back to basic.

These food "ash" pH charts provide some insight into which foods are alkaline and which are acid. They have been broken down into three categories: foods that you can eat freely, foods that you can eat sparingly, and foods you should never eat. Each food is assigned a number which represents it's approximate relative potential of acidity (-) or alkalinity (+) present in one ouce of food. The higher the number, the better it is for you to eat. These charts come in handy when trying to decide if certain foods are bad to eat. And remember, some foods are listed on the "Foods You Should Never Eat" chart because they contain yeast the other thing we are trying to avoid. Please click on each chart for a larger image.

Foods That You Can Eat Freely

Foods You Can Eat Sparingly

	Foo	d "Ash" p	H Chart
The following is a			pproximate, relative potential of acids
	(-) or alk	slinity (*), au prinent i	is one punce of fixed.
Foods You Ca			
Eat Sparingly!			
car opar mgs			
Fish			
Fresh Water fish	-11.8	Banana, unripe	+4.8
Fruits		Non-Stored Grai	
(In Season, for		Brown rice	-12.5
Cleaning only or	wift	Wheat	-99.1
moderation)			
Rose hips	+15.5	Nuts	4.2
Pineapple	+12.6	Nalvuts	-1.0
Mandarin orange	-11.5	Macadamia Nuts	-0.2
Barraria, rpe	-10.1	Hazelnuts	-29
Peur	-49	***	
Pench .	.4.7	Fats	4.7
Apricot	-9.5	Surflower oil	
Papaya	-9.4	Coconut Mck.	113
Orange	-9.2		
Mango	4.7		
Tangerine	-8.5		
Currant	-8.2		
Goosebery, ripe			
Grape, ripe	-7.6		
Cranberry	-70		
Black current	-61		
Strawborn	-5.4		
Hiseberry	-5.3		
Raspborry	-5.1		
Yellow plan	49		
Italian pluts	43		
Date	-4.7		
Cherry, ewest	-3.6		
Carnáloupe	25		
Ref corne	-24		
Fig juice powder	-1.7		
Grapefruit			
Watermelon Coconut, fresh	10.5		
Cherry, mur	+15		
Coppey, and	-3.5		

Foods You Should Never Eat!



Food "Ash" pH Chart*

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food

Foods You Can Eat Freely!

Vegetables

vegetables					
Brussels Sprouts	+0.5	Barley Grass	+28.1	White Beans (Navy Beans)	+12.1
Peas, Ripe	+0.5	Soy Sprouts	+29.5	Granulated Soy (Cooked	
Asparagus	+1.3	Sprouted Radish Seeds	+28.4	Ground Soy Beans)	+12.8
Comfrey	+1.5	Sprouted Chia Seeds	+28.5	Soy Nuts (soaked Soy Beans	
Green Cabbage, March Harvest	+2.0	Alfalfa Grass	+29.3	Then Air Dried)	+26.5
Lettuce	+2.2	Cucumber, Fresh	+31.5	Soy Lecithin (Pure)	+38.0
Onion	+3.0	Wheat Grass	+33.8		
Cauliflower	+3.1			Nuts	
White Cabbage	+3.3	Root Vegetables		Brazil Nuts	+0.5
Green Cabbage,		White Raddish (Spring)	+3.1	Almonds	+3.6
December Harvest	+4.0	Rutabaga	+3.1		
Savoy Cabbage	+4.5	Kohlrabi	+5.1	Seeds	
Lamb's Lettuce	+4.8	Horseradish	+6.8	Sesame Seeds	+0.5
Peas, Fresh	+5.1	Turnip	+8.0	Cumin Seeds	+1.1
Zucchini	+5.7	Carrot	+9.5	Fennel Seeds	+1.3
Red Cabbage	+6.3	Beet	+11.3	Flax Seeds	+1.3
Rhubarb Stalks	+6.3	Red Radish	+16.7	Caraway Seeds	+2.3
Leeks (Bulbs)	+7.2	Summer Black Radish	+39.4	Sunflower Seeds	+5.4
Watercress	+7.7			Pumpkin Seeds	+5.6
Spinach, March Harvest	+8.0	Fruits		Wheat Kernel	+11.4
Chives	+8.3	Limes	+8.2		
French Cut Green Beans	+11.2	Fresh Lemon	+9.9	Fats (Fresh, Cold-Pressed Oils	
Sorrel	+11.5	Tomato	+13.6	Olive Oil	+1.0
Spinach (Other Than Marc	h) +13.1	Avocado (Protein)	+15.6	Borage Oil	+3.2
Garlic	+13.2			Flax Seed Oil	+3.5
Celery	+13.3	Non-Stored Orga	nic	Evening Primrose Oil	+4.1
Cabbage Lettuce, Fresh	+14.1	Grains And Legur	nes	Marine Lipids	+4.7
Endive, Fresh	+14.5	Buckwheat Groats	+0.5		
Cayenne Pepper	+18.8	Spelt	+0.5	Water	
Straw Grass	+21.4	Lentils	+0.6	Spring, Mineral, or	
Shave Grass	+21.7	Soy Flour	+2.5	Ionized Water	varies
Dog Grass	+22.6	Tofu	+3.2	Coconut Water	+9.04
Dandelion	+22.7	Lima Beans	+12.0		
Kamut Grass	+27.6	Soybeans, Fresh	+12.0		

^{*}source: "Back To The House Of Health" by Shelley Redford Young

Food "Ash" pH Chart*

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food

Foods You Can Eat Sparingly

Fish Fresh Water Fish	-11.8	Non-S Brown Rice	tored Grains	-12.5
Tresti water risii	11.0	Wheat		-10.1
Fruits		Wilcut		10.1
(In Season, For Cleansing Only			Nuts	
Or With Moderation)		Walnuts		-8.0
Rose Hips	-15.5	Macadamia Nuts		-3.2
Pineapple	-12.6	Hazelnuts		-2.0
Mandarin Orange	-11.5			
Bananna, Ripe	-10.1		Fats	
Pear	-9.9	Sunflower Oil		-6.7
Peach	-9.7	Coconut Milk		-1.5
Apricot	-9.5			
Papaya	-9.4			
Orange	-9.2			
Mango	-8.7			
Tangerine	-8.5			
Currant	-8.2			
Gooseberry, Ripe	-7.7			
Grape, Ripe	-7.6			
Cranberry	-7.0			
Black Currant	-6.1			
Strawberry	-5.4			
Blueberry	-5.3			
Rasberry	-5.1			
Yellow Plum	-4.9			
Italian Plum	-4.9			
Date	-4.7			
Cherry, Sweet	-3.6			
Cantaloupe	-2.5			
Red Currant	-2.4			
Fig Juice Powder	-2.4			
Grapefruit	-1.7			
Watermelon	-1.0			
Coconut, Fresh	+0.5			
Cherry, Sour	+3.5			
Bananna, Unripe	+4.8			

^{*}source: "Back To The House Of Health" by Shelley Redford Young

Food "Ash" pH Chart*

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food

Foods You Should Never Eat!

Root Vegetables		Sweets	
Stored Potatoes	+2.0	Artificial Sweetners	-26.5
		Chocolate	-24.6
Meat, Poultry, And Fish		White Sugar	-17.6
Pork	-38.0	Beet Sugar	-15.1
Veal	-35.0	Molasses	-14.6
Beef	-34.5	Dr. Bronner's Barley	
Ocean Fish	-20.0	Malt Sweetner	-9.8
Chicken (to -22)	-18.0	Dried Sugar Cane Juice	
Eggs (to -22)	-18.0	(Sucanat)	-9.6
Oysters	-5.0	Barley Malt Syrup	-9.3
Liver	-3.0	Fructose	-9.5
Organ Meats	-3.0	Milk Sugar	-9.4
		Turbinado Sugar	-9.5
Milk And Milk Products		Brown Rice Syrup	-8.7
Hard Cheese	-18.1	Honey	-7.6
Quark	-17.3		
Cream	-3.9	Condiments	
Homogenized Milk	-1.0	Ketchup	-12.4
Buttermilk	+1.3	Mayonaise	-12.5
		Mustard	-19.2
Bread, Biscuits		Soy Sauce	-36.2
(Stored Grains/Risen Do	•	Vinegar	-39.4
White Bread	-10.0		
White Biscuit	-6.5	Beverages	
Whole-Meal Bread	-6.5	Liquor	-38.7
Whole-Grain Bread	-4.5	Wine	-16.4
Rye Bread	-2.5	Beer	-26.8
		Coffee	-25.1
Nuts		Fruit Juice, Packaged, Natural	-8.7
Pistachios	-16.6	Fruit Juice Sweetened With	
Peanuts	-12.8	White Sugar	-33.6
Cashews	-9.3	Tea (Black)	-27.1
Fats		Miscellaneous	
Margarine	-7.5	Canned Foods	
Corn Oil	-6.5	Processed Foods	
Butter	-3.9	Microwaved Foods	

^{*}source: "Back To The House Of Health" by Shelley Redford Young