

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		Non-Stored Grains	
Fresh Water Fish	-11.8	Brown Rice	-12.5
		Wheat	-10.1
Fruits		Nuts	
(In Season, For Cleansing Only 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		
Raspberry	-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

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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 Sweeteners	-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 Dough)		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