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

Brussels Sprouts	+0.5
Peas, Ripe	+0.5
Asparagus	+1.3
Comfrey	+1.5
Green Cabbage, March Harvest	+2.0
Lettuce	+2.2
Onion	+3.0
Cauliflower	+3.1
White Cabbage	+3.3
Green Cabbage, December Harvest	+4.0
Savoy Cabbage	+4.5
Lamb's Lettuce	+4.8
Peas, Fresh	+5.1
Zucchini	+5.7
Red Cabbage	+6.3
Rhubarb Stalks	+6.3
Leeks (Bulbs)	+7.2
Watercress	+7.7
Spinach, March Harvest	+8.0
Chives	+8.3
French Cut Green Beans	+11.2
Sorrel	+11.5
Spinach (Other Than March)	+13.1
Garlic	+13.2
Celery	+13.3
Cabbage Lettuce, Fresh	+14.1
Endive, Fresh	+14.5
Cayenne Pepper	+18.8
Straw Grass	+21.4
Shave Grass	+21.7
Dog Grass	+22.6
Dandelion	+22.7
Kamut Grass	+27.6
Barley Grass	+28.1
Soy Sprouts	+29.5
Sprouted Radish Seeds	+28.4
Sprouted Chia Seeds	+28.5
Alfalfa Grass	+29.3
Cucumber, Fresh	+31.5
Wheat Grass	+33.8

Root Vegetables

White Raddish (Spring)	+3.1
Rutabaga	+3.1
Kohlrabi	+5.1
Horseradish	+6.8
Turnip	+8.0
Carrot	+9.5
Beet	+11.3
Red Radish	+16.7
Summer Black Radish	+39.4

Fruits

Limes	+8.2
Fresh Lemon	+9.9
Tomato	+13.6
Avocado (Protein)	+15.6

Non-Stored Organic Grains And Legumes

Buckwheat Groats	+0.5
Spelt	+0.5
Lentils	+0.6
Soy Flour	+2.5
Tofu	+3.2
Lima Beans	+12.0
Soybeans, Fresh	+12.0
White Beans (Navy Beans)	+12.1
Granulated Soy (Cooked Ground Soy Beans)	+12.8
Soy Nuts (soaked Soy Beans Then Air Dried)	+26.5
Soy Lecithin (Pure)	+38.0

Nuts

Almonds	+3.6

Seeds

Sesame Seeds	+0.5
Cumin Seeds	+1.1
Fennel Seeds	+1.3
Caraway Seeds	+2.3

Fats (Fresh, Cold-Pressed Oils)

Olive Oil	+1.0
Borage Oil	+3.2
Flax Seed Oil	+3.5
Evening Primrose Oil	+4.1
Marine Lipids	+4.7

Water

Spring, Mineral, or Ionized Water	varies
Coconut Water	+9.04

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

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