

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 and Seeds	
(In Season, For Cleansing Only Or With Moderation)		Wheat Kernel	-11.4
Rose Hips	-15.5	Walnuts	-8.0
Pineapple	-12.6	Pumpkin Seeds	-5.6
Mandarin Orange	-11.5	Sunflower Seeds	-5.4
Bananna, Ripe	-10.1	Macadamia Nuts	-3.2
Pear	-9.9	Hazelnuts	-2.0
Peach	-9.7	Flax Seeds	-1.3
Apricot	-9.5	Brazil Nuts	-0.5
Papaya	-9.4		
Orange	-9.2	Fats	
Mango	-8.7	Sunflower Oil	-6.7
Tangerine	-8.5	Coconut Milk	-1.5
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