



Acid/Alkaline Food Chart

Alkaline-Acid Food Chart

From Dr. Robert Young's web site phmiracleliving.com

Our eating habits have dramatically changed from nutritious raw foods to highly processed foods very low in nutritional value. In fact, our optimum cell function is at risk! Without the proper **Acid Alkaline Balance** of our body fluids we increase the risk of getting life-threatening or chronic diseases.

The key to regain the body's ideal blood and body pH is to create a **Balance of Alkaline and Acid Forming Foods**. However, because of unhealthy eating habits, most North-Americans have lower than neutral pH levels - but as our "normal" pH level is slightly alkaline, e.g. slightly above neutral (7.2 - 7.3), our intake of foods should also reflect this!

In this regard we suggest consuming at least 75-80% of **Alkalizing Foods**, like green vegetables, sprouts and soy products, and never more than 20-25% of **Neutral and Acidifying Foods**, such as meat, rolls, fast food etc. The reason for that? By eating alkaline foods our body's balance will be transformed from dangerously acidic to slightly alkaline!

MILDLY ALKALINE	MODERATELY ALKALINE	HIGHLY ALKALINE
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ALKALINE FOODS		ACID FOODS	
S & Black Tea Sprouts Ice (sweetened) er Water ettuce y Potatoes r up Butternut, Summer, etc.) ss. uit obbage a t ate Fish n eeds ice Seeds pices Sweeteners Oil oms Oil d Oil 6-9 Oil	Beets R.O. Filtered Water Basil Capsicum/Pepper Ketchup Cabbage Lettuce Mayonnaise Carrot Butter Chives Collard/Spring Greens Apple Coriander Apricot Endive Banana Ginger Blackberry Green Beans Blueberry Leeks Cranberry Lettuce Grapes Mustard Greens Guava Okra Mango Radish Mangosteen Red Cabbage Orange Red Onion Peach Turnip Papaya Zucchini Pineapple Strawberry Lemon Lime Goat's Cheese Rhubarb Vegan Cheese Butter Beans Brown Rice Lima Beans Rye Bread Soy Beans (fresh) Wheat White (Navy) Beans Wholemeal Bread Wild Rice Chia/Salba Seeds Wholemeal Pasta Hemp Seeds Quinoa Walnuts Ocean Fish	Himalayan Salt Real Salt Avocado Broccoli Cabbage Celery Cucumber Endive Garlic Grasses (alfalfa, kamut, straw, shave, wheatgrass, etc.) Kale Parsley Sprouts (alfalfa, bean, pea, soy, etc.) Spinach Tomato Soy Nuts (soaked soybeans, then air-dried) Spelt Cous Cous Soy lecithin, pure Rice/Soy/Hemp Protein Freshwater Wild Fish Brazil Nuts Flax Seeds Hazelnuts Macadamia Nuts Pecans Pumpkin Seeds Sunflower Seeds Sunflower Oil	Cantaloupe Fresh Dates Nectarine Plum Sweet Cherry Watermelon Black Beans Garbanzo Beans Kidney Beans Seitan Buckwheat Groats Buckwheat Pasta Millet Oats/Oatmeal Soybeans Spelt Cous Cous Rice/Soy/Hemp Protein Freshwater Wild Fish Brazil Nuts Flax Seeds Hazelnuts Macadamia Nuts Pecans Pumpkin Seeds Sunflower Seeds Sunflower Oil

S	<p><u>FRUITS</u></p> <p>Avocado Coconut Grapefruit Lemon Lime Pomegranate Rhubarb Tomato</p>	<p><u>MEATS</u></p> <p>Pork Lamb Beef Chicken Turkey Custaceans Other Seafood (apart from occasional oily fish such as salmon)</p>	<p><u>DAIRY PRODUCTS</u></p> <p>Milk Eggs Cheese Cream Yogurt Ice Cream</p>
	<p><u>DRINKS</u></p> <p>Ionized Water Almond Milk Fresh Vegetable Juice Green Drinks Herbal Tea Lemon Water (pure water + fresh lemon or lime) Non-sweetened Soy Milk Vegetable Broth</p>	<p><u>OTHERS</u></p> <p>Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey</p>	<p><u>DRINKS</u></p> <p>Purified Water (distilled, reverse osmosis) Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea</p>
	<p><u>SEEDS, NUTS & GRAINS</u></p> <p>Almonds Any Sprouted Seed Buckwheat Groats Caraway Seeds Cumin Seeds Fennel Seeds Hemp Seeds Lentils Sesame Seeds Spelt</p>	<p><u>CONVENIENCE FOODS</u></p> <p>Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food</p>	<p><u>FATS & OILS</u></p> <p>Saturated Fats Hydrogenated Oils Margarine (worse than butter) Corn Oil Vegetable Oil Sunflower Oil</p>

<p>OTHERS</p> <p>Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli, etc.)</p> <p>Hummus</p> <p>Tahini</p>	<p>The more alkaline-forming foods you add to your nutrition, the stronger will be the results. Should you not be able to completely avoid acidic foods, you should at least try to consume as less as possible of them, and instead put more green food and veggies on your plate. Remember that every little step to a more alkaline diet is an improvement to a healthier way of life.</p>	<p>FRUITS</p> <p>All fruits, aside from those listed in the alkaline column.</p> <p>Find us on the web at https://www.snyderhealth.com (877) 356-2508 or (918) 528-4434</p> <p>© Copyright 2003-2021 SnyderHealth.com. All Rights Reserved</p>	<p>SEEDS & NUTS</p> <p>Peanuts</p> <p>Cashew Nuts</p> <p>Pistachio Nuts</p>
<p>s and healthy nuts and oils. Try to consume 3-4 liters of clean, alkaline water daily.</p>		<p>General Guidance:</p> <p>Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwaved meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal.</p>	