

FOOD CATEGORY	High Alkaline pH 8.5 to 9.0	Alkaline pH 7.5 to 8.0	Low Alkaline Neutral pH 7.0	Low Acid Neutral pH 7.0	Acid pH 6.0 to 6.5	High Acid pH 5.0 to 5.5
<b>BEANS, VEGETABLES, LEGUMES</b>	Vegetable Juices, Parsley, Raw Spinach, Broccoli, Celery, Garlic, Barley Grass, Lemons, Limes	Carrots, , Currants, Dates & figs (fresh), Garlic, Sea salt, Herbs (leafy green), Lettuce Nectarine, Peas (fresh sweet), Persimmon, Spinach, Pumpkin (sweet), Bamboo shoots, Beans (fresh green), Beetroot, Bell Pepper, Broccoli, Cabbage, Cauli, Carob, Daikon, Ginger (fresh), Kale, Kohlrabi, Tamari, Lettuce (pale green), Parsnip, Turnip, Peas (less sweet), Potatoes with skin, Pumpkin (less sweet) Sweet corn (fresh),	Artichokes (Jerusalem), Barley Malt (sweetener-Bronner), Brussels, Peas, Sprouts, Cucumbers, Egg plant, Leeks, Miso, Okra, Olives, Mushrooms, Onions, Beetroot, Pickles, (home made), Radish, Taro, Tomatoes (sweet), Squash, Rhubarb, Fresh Corn, Potato, Cabbage, Cauliflower, Turnip, Soybeans, Tofu	Sweet Potato, Cooked Spinach, Kidney Beans	Pinto Beans, Navy Beans, Potatoes (with no skins)	Pickled Vegetables
<b>FRUIT</b>	Dried Figs, Raisins, Agar Agar, Watermelon,	Apples (sweet), Kiwi, Apricots, Alfalfa, Avocados, Bananas Berries, Peaches (less sweet), Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Peaches (sweet), Pears(less sweet), Apples (sour), Grapes (sour), Oranges, Raspberry, papaya, Strawberry, Blackcurrant, Fruit juices, Dates,	Coconut, Sour Cherries, Oranges, Pineapple, Peaches, Avocados, Grapefruit, Mangoes, Strawberries, Papayas, Water Chestnut	Dry coconut, Blueberries, Cranberries, Bananas, Plums, Processed Fruit Juices	Bananas (green), Canned Fruit, Fruit juices with sugar, Maple syrup (processed)	

<b>FOOD CATEGORY</b>	<b>High Alkaline pH 8.5 to 9.0</b>	<b>Alkaline pH 7.5 to 8.0</b>	<b>Low Alkaline Neutral pH 7.0</b>	<b>Low Acid Neutral pH 7.0</b>	<b>Acid pH 6.0 to 6.5</b>	<b>High Acid pH 5.0 to 5.5</b>
<b>MEAT</b>				Liver, Oysters, Organ Meat	Fish, Turkey, Chicken	Beef, Pork, Veal, Shellfish, Canned Tuna & Sardines Goat, Lamb
<b>EGGS &amp; DAIRY</b>		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Buttermilk, Whey	Whole Milk, Goats milk (homogenized), Yogurt, Cream, Cottage Cheese, Ice Cream, Butter (salted), Cheeses (mild & crumbly)	Egg whole (cooked hard), Camembert, Hard Cheese Yogurt (sweetened)	Parmesan, Processed Cheese
<b>GRAINS, CEREALS</b>			Amaranth, Lentils, Sweetcorn, Wild Rice, Quinoa, Millet, Buckwheat	Rye Bread, Whole Grain Bread Oats, Brown Rice Dried beans (mung, adzuki, pinto, kidney, garbanzo)	Peanuts, White Rice, White Bread, Biscuits, Pasta Breads (refined) of corn, oats, Popcorn (with salt & butter), Rice (basmati), Rice (brown), rice & rye, Cereals (refined) eg weetabix, corn flakes etc,	Flour (white, wheat) Pastries & cakes from white flour,
<b>SWEETENERS, CONDIMENTS</b>	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	Milk Chocolate, Brown Sugar, Molasses, Jam, Ketchup, Mustard, Mayonnaise, Soy sauce(commercial),	Artificial Sweeteners Sugar (white)

<b>FOOD CATEGORY</b>	<b>High Alkaline pH 8.5 to 9.0</b>	<b>Alkaline pH 7.5 to 8.0</b>	<b>Low Alkaline Neutral pH 7.0</b>	<b>Low Acid Neutral pH 7.0</b>	<b>Acid pH 6.0 to 6.5</b>	<b>High Acid pH 5.0 to 5.5</b>
<b>NUTS &amp; SEEDS</b>		Hazelnuts, Almonds	Chestnuts, Brazils, Coconut	Cashews, Pistachios, Brazil nuts, Walnuts, Sesame, Popcorn & butter, Macadamias, Pumpkin, Sunflower Seeds	Pecans, Pistachios	Peanuts,
<b>OILS &amp; Spices</b>			Flax Seed Oil, Olive Oil, Canola Oil, , Spices, Sea salt,	Corn Oil, Sunflower Oil, Margarine, Lard	Table salt refined and iodized	
<b>BEVERAGES</b>	Herb Teas, Lemon Water Alkaline water	Green Tea Vinegar (apple cider vinegar)	Ginger Tea	Cocoa	Wine, Soda White vinegar	Carbonated soft drinks & fizzy drinks, Tea (black), Coffee, Beer, Liquor
<b>OTHERS</b>					Cigarette tobacco (roll your own),	Cigarettes (tailor made), Drugs