

COMPLETE ALKALIZING & ACIDIFYING FOODS *Chart*

The ideal for an optimum diet is to eat at least 80% plant foods, which includes at least 80% alkalizing foods. To me, 80 good/20 less good or 75/25 is the point of reference for balance.

The following table is from Theodore A. Baroody, N.D., author of *Alkalize or Die*. It is a pH-adjusted scale because it takes into account variable factors: physical, emotional and mental states; changing body reactions during the day; quality of food; places of culture; possibility of mislabeling... In addition, Dr. Baroody found that it is almost impossible to use the usual pH scale to determine acid-base reactions, since it actually contains 140 levels and not 14.

FOOD CATEGORY	EXTREMELY ALKALIZING 7.5 & 7.0	MODERATELY ALKALIZING 6.5 & 6.0	MILDLY ALKALIZING 5.5 & 5.0	NEUTRAL 4.5 & 4.0	MILDLY ACIDIFYING 3.5 & 3.0	MODERATELY ACIDIFYING 2.5 & 2.0	EXTREMELY ACIDIFYING 1.5 & 0.5
Fruit	lemon, watermelon lemons lime, dried date, dried fig, mango, papaya, cantaloupe	kiwi, pineapple, passion fruit, raisins, umeboshi plums pears apricot, avocado, banana (ripe), berries (all except blueberries), cactus, currant, date (fresh), fig (fresh), guava, kumquat, nectarine, gooseberry, grapes, grapefruit, berries, pear, raisin, tamarind, tangerine	peach, apple carob, orange pomegranate, raspberry, strawberry cherry, ripe olive coconut meat	olive avocado, corn	blueberry, plum, prune cranberry	sour cherry, rhubarb	

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		apple, peach					
Vegetables, leafy greens & seaweed	seaweed, watercress, kelp, parsley	asparagus, endive, escarole celery, chard (swiss), carrot, dandelion, lettuce, rutabaga, spinach	pumpkin, squash (all kinds) bamboo (stems), beetroot, broccoli, cabbage, cauliflower, daikon, ginger (fresh), kale, sweet corn, sweet potato, turnip, salsify eggplant, brussels sprouts, chicory, cucumber, pickled cucumber, jerusalem artichoke leek,	mushroom, onion, tomato artichoke, horseradish, rhubarb sauerkraut			

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			okra, onions (shallot, spring onion), radish				
Beans & Legumes			green peas (fresh) lima beans fresh green beans (string & sweet peas)		beans (adzuki, kidney, white), chickpeas lentils beans (green/string, kidney), spinach (cooked)	beans (lima, pinto, white), potatoes (without peel)	chocolate (processed)
Seeds & Nuts¹		sprouted seeds (chia, alfalfa, most)	almonds	pine nuts, sesame seeds	brazil nuts, pecans pumpkin seeds, sunflower seeds, cashew nuts, walnuts, pistachio	peanuts wheat germ	
Grains & Cereals				amaranth, millet, wild rice, quinoa rye	spelt rice (brown), spelt, wheat bread (sprouted)	buckwheat, corn, rice (white), oats, rye	wheat, flour (white), pasta (refined) pastries
Oils	olive oil	linseed oil	canola oil		corn oil		
Animal meat					venison		bear, beef (organic),

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						lamb, seafood, fish (incl. fins & bones)	chicken (organic), deer, fish, goat (wild) pheasant, rabbit, goat, pork, turkey
Dairy Products		human milk	soy cheese, soy milk, goat's milk, whey		egg, butter, yogurt, buttermilk, cottage cheese	milk (raw)	cheese, ice cream, milk (homogenized)
Drinks	lemon water, wheatgrass juice, parsley juice	vegetable juice, green tea, most herbal teas,	ginger herbal tea			coffee, wine	alcohol, beer, soft drink, black tea
Sweeteners	stevia		raw honey		fructose, honey (pasteurized), molasses, maple syrup (natural)	sugar (white & brown) fructose (processed), maple syrup (processed)	beet sugar (bleached), cane sugar (blanched) artificial sugar (e.g. aspartame)

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¹ These values are valid for seeds and raw nuts. Any form of cooking nuts and seeds reduces the alkalinity of 1 level without forgetting the destruction of certain vitamins, making them more difficult to digest. On the other hand, soaking them in distilled water during the night increases their level by 0.5. Soaking eliminates the anti-digestive enzyme usually found in seeds and nuts, a preferable method for their consumption.

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