ACID

Palm Springs Life Extension Institute

ALKALINE

ACID / ALKALINE CHART

The body seems to perform best on a diet high in alkaline-forming foods.

A diet which contains 70%-80% alkaline-forming foods is ideal for abundant health.

If your pH is normal, use this chart as a guide in food selection. If you pH is either too ACID or too ALKALINE, you may want to use this chart to help balance your system.

Acid Foods (add to diet if your pH was ALKALINE)

HIGH STARCH ACID FOODS

Cooked Corn
Dried Beans
Peas (alone)
Winter Squash (Hubbard, Acorn, Butternut)
Brown Rice
Barley
Oats
Rye

ACID NUTS

Cashews
Walnuts
Filberts
Peanuts
Pecans
Macadamia

ACID SUGARS

Brown Sugar
White Sugar
Milk Sugar
Cane Syrup
Malt Syrup
Maple Syrup
Molasses

ACID SEEDS

Pumpkin
Sesame
Sunflower
Chia
Flax

HIGH PROTEIN ACID FOODS

Fish, Seafood
All Meat
Poultry
Eggs
Rabbit, Game
Dried Beans/Peas and Grains
Nuts
Seeds
Lentils

ACID OILS

Nut Oils
Butter
Cream

ACID FRUITS

Cranberries
Pomegranates
Strawberries
Sour Fruits

Alkaline Foods (add to diet if your pH is ACID)

ALKALINE OILS

Olive Oil
Soy Oil
Sesame Oil
Sunflower Oil
Corn Oil
Safflower Oil
Cottonseed Oil
Margarine

ALKALINE BEANS & PEAS

Soybeans
Limas
Sprouted Beans

ALKALINE FRUITS

Apples
Bananas
Dates
Grapes
Cherries
Peaches
Pears
Plums
Papayas
Mangoes
Pineapple
Raspberries

ALKALINE FRUITS

Blackberries
Huckleberries
Elderberries
Boysenberries
Persimmons
Apricots
Olives
Coconuts
Figs
Raisins
Melons

ALKALINE GRAINS

Millet
Buckwheat
Corn
Sprouted Grains

ALKALINE NUTS

Almonds
Brazil Nuts

All vegetables are alkaline (includes starchy vegetables like potatoes, squash and parsnips.)

Honey
Non-fat milk
All sprouted seeds