

Experts often disagree about the pH of some foods, based on different testing methods or interpretations. What's important to remember is that the human body is an amazing survival machine and Mother Nature gives us a lot of leeway. She would like us to aim high, but perfection is not necessary or even attainable. This chart gives sufficient general guidelines to help you make wise choices.

ALKALINE FOODS LISTED IN GREEN

FOOD CHART

ACID FOODS LISTED IN RED

CLASS ONE Protein (Cell Builder)	CLASS TWO Mineral Salts or Digestive Juices Percentages Indicate Carbohydrate Value		CLASS THREE Carbohydrates—Starches and Sugars (Muscle Energy)	CLASS FOUR Hydrocarbons—Fats and Oils (Nerve Energy)
<p>A. Fish Proteins Chicken Duck Turkey Lamb Beef Venison Gelatin</p> <p>Fish Flounder Haddock Halibut Salmon Mackerel Pike Tuna Trout Crab Lobster Shrimp Oysters</p> <p>Non-Fish</p> <p>Eggs Yolks (6 oz.) Whites (1 oz.) 2 Whole Eggs (4 oz.)</p> <p>Dairy Products Yellow Cheese Cream Cheese Cottage Cheese Goat's Cheese Goat's Whey</p> <p>Nuts Almonds Almond Butter Soybeans Peanuts Peanut Butter Macaroni</p>	<p>5% Fresh Vegetables Artichokes Asparagus Beet Greens Broccoli Cabbage Cauliflower Celery Cucumber Dandelion Greens Egg Plant Endive Kale Leeks Lettuce Mushrooms Onions (Green) Parsley Peppers (Green) Radishes Rhubarb Sauerkraut Spinach Squash (Summer) Swiss Chard Tomatoes Watercress</p> <p>10% Beans (Green) Beets Brussel Sprouts Carrots Kohlrabi Okra Onions (Dry) Pumpkin Rutabaga Soybeans Squash Turnips</p> <p>15% Artichokes (Jerusalem) Corn (Green or Frozen) Lima Beans (Green) Parsnips Peas (Green or Frozen)</p>	<p>5% Fresh Fruits Grapefruit Lemons Limes</p> <p>10% Blackberries Blueberries Cantaloupe Cherries Cranberries Gooseberries Honeydew Melon Huckleberries Muskmelon Papayas Peaches Raspberries Strawberries Tangerines Watermelon</p> <p>15% Apples Apricots Currants Figs (Fresh) Grapes Oranges Pears Pineapples Youngberries</p>	<p>A. Natural Sweets 20% Persimmons Bananas Sugar (Raw) Molasses Maple Sugar Sorghum Honey</p> <p>Dried Fruits Prunes Apricots Apples Currants Dates Figs Peaches Pears Raisins</p> <p>B. Fresh Natural Starches Corn (Dried) Cocoanut Chestnuts Potatoes (Irish) Potatoes (Sweet) Yams Water Chestnuts Squash (Hubbard)</p> <p>Dry Starches Barley (Unpolished) Buckwheat Wheat, Whole, Flour Dry Corn Meal Popcorn Oats, Steel Cut. Rolled, Whole Rice, Unpolished, Polished Rye, Whole, Grits, Flour</p>	<p>Avocado Ripe Olives Soya Bean Oil Butter Cream Olive Oil, Peanut Oil Vegetable Oils</p> <p>Nuts 1 1/2 cup Brazil 2 cups Cashew (Roasted) 1 cup Filberts 1 1/2 cup Hickory 2 cups Pecans 1 cup Pine 1 cup Walnuts (Black) 1 1/2 cup Walnuts (English)</p>
MISCELLANEOUS CLASS				<p>Spaghetti</p> <p>Legumes and Lentils 1 cup Black Eyed Peas 1/2 cup Kidney Beans 3/4 cup Lentils 1 cup Lima Beans 1 cup Navy Beans 1 cup Split Peas 1 cup Garbanza Beans 1/2 cup Pinto Beans</p>
<p>Note: Fresh fruits cooked become a starch and change to Class Three.</p>				<p>Note: Legumes and lentils are high in protein and carbohydrate. Dark beans are higher in protein and the white bean is higher in starch. Do not cook or serve meat with beans or lentils. Potatoes, rice and other heavy starch foods should not be served with them.</p>