

Food pH Levels

Very Alkalizing	7.5	Dark Leafy Greens most alkalizing foods- Alfalfa Sprouts Watermelon, Cucumbers, Lemons, Asparagus, Limes Papaya, Grapes, Kiwifruit, Blueberries, Garlic, Herb Teas
	7	Sweet Potato, Beans, Beets, Zucchini, Green Tea, Celery, Broccoli, Peas, Raisins, Apples, Turnips, Unprocessed Dates, Figs, Carob, Almonds, Flaxseeds, Veggie Juices
	6.5	Raw Honey, Oranges, Bananas, Pineapple, Peaches, Carrots, Tomatoes, Mushrooms, Cabbage, Most herbs, Olive Oil
Neutral	6	Peas, Olives, Soy Beans, Tofu, Avocados, Alkalizing Grains: Amaranth, Millet, Quinoa, Wild Rice
	5.5	Soy Cheese, Soy Milk, Goats Milk, Goats Cheese, Sesame, Canola (cold pressed) oils, Tamari
	5	Sprouted beans & legumes Cooked Spinach, Kidney Beans, String Beans
Mildly Acidic Foods	4.5	Chestnuts, Sunflower Seeds, Cashews, Brown Rice Plums, Spelt, Granola, Essene Bread
	4	Butter, Yoghurt, Buttermilk, Cottage Cheese, Venison, Cold Water Fish
	3.5	Black Teas, Peanuts, Processed Fruit Juices (in can, carton or bottle)
	3	Pastas, Rolls, Tinned Salmon & Tuna, Potatoes, White Rice, Tinned Corn, Buckwheat
Very Acidic Foods	2.5	Wholemeal Bread, Rye Bread, Grain Bread, Oats, Blackberries, Cranberries, Prunes, Rhubarb
	2	Processed Honey, Raw Milk, Corn Oil, White Rice, Brown Sugar, White Sugar, Coffee (roasted beans)
	1.5	White Bread, Homogenised Milk, Flour, Pastries & Cakes, Processed Vinegar, Processed Crackers, Mustard, Mayonnaise, Soy sauce, Ketchup, Cream, Ice Cream
	1	Chicken, Eggs, Cheese, Wine, Tinned Coffee, Chocolate, Pork, Veal, Beef, Liquor, Beer, Artificial Sweeteners, Soft Drinks.