

Are You Eating Enough Alkaline Foods to Maintain Vital Health?

This chart provides information that shows the contribution of various food substances to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalising group.

People vary, but for most, the ideal diet is 75 percent alkalising and 25 percent acidifying foods by volume.

ALKALISING FOODS			ACIDIFYING FOODS		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Chemicals
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Drugs,
Fermented	Avocado	Lecithin Granules	Corn Oil	Peanuts	Medicinal
Veggies	Banana (high glyceemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Drugs,
Watercress	Cantaloupe	Green Juices	Flax Oil	Pecans	Psychedelic
Beets	Cherries	Veggies Juices	Lard	Tahini	Pesticides
Broccoli	Currants	Fresh Fruit Juice	Olive Oil	Walnuts	Herbicides
Brussel sprouts	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil		
Cabbage	Grapes	Mineral Water	Sesame Oil	ANIMAL PROTEIN	ALCOHOL
Carrot	Grapefruit	Alkaline Antioxidant Water	Sunflower Oil	Beef	Beer
Cauliflower	Lime	Green Tea		Carp	Spirits
Celery	Honeydew Melon	Herbal Tea	FRUITS	Clams	Hard Liquor
Chard	Nectarine	Dandelion Tea	Cranberries	Fish	Wine
Chlorella	Orange	Ginseng Tea		Lamb	BEANS & LEGUMES
Collard Greens	Lemon	Banchi Tea	GRAINS	Lobster	Black Beans
Cucumber	Peach	Kombucha	Rice Cakes	Mussels	Chick Peas
Eggplant	Pear		Wheat Cakes	Oyster	Green Peas
Kale	Pineapple	SWEETENERS	Amaranth	Pork	Kidney Beans
Kohlrabi	All Berries	Stevia	Barley	Rabbit	Lentils
Lettuce	Tangerine		Buckwheat	Salmon	Lima Beans
Mushrooms	Tomato	SPICES/SEASONING	Corn	Shrimp	Pinto Beans
Mustard Greens	Tropical Fruits	Cinnamon	Oats (rolled)	Scallops	Red Beans
Dulce	Watermelon	Curry	Quinoi	Tuna	Soy Beans
Dandelions		Ginger	Rice (all)	Turkey	Soy Milk
Edible Flowers	PROTEIN	Mustard	Rye	Venison	White Beans
Onions	Eggs	Chili Pepper	Spelt		Rice Milk
Parsnips (high glyceemic)	Whey Protein Powder	Sea Salt	Kamut	PASTA (WHITE)	Almond Milk
Peas	Cottage Cheese	Miso	Wheat	Noodles	
Peppers	Chicken Breast	Tamari	Hemp Seed Flour	Macaroni	
Pumpkin	Yogurt	All Herbs		Spaghetti	
Rutabaga	Almonds	ORIENTAL VEGETABLES	DAIRY		
Sea Veggies	Chestnuts	Maitake	Cheese, Cow	OTHER	
Spirulina	Tofu (fermented)	Daikon	Cheese, Goat	Distilled	
Sprouts	Flax Seeds	Dandelion Root	Cheese, Processed	Vinegar	
Squashes	Pumpkin Seeds	Shitake	Cheese, Sheep Milk	Wheat Germ	
Alfalfa	Tempeh (fermented)	Kombu	Butter	Potatoes	
Barley Grass	Squash Seeds	Reishi			
Wheat Grass	Sunflower Seeds	Nori			
Wild Greens	Millet	Umeboshi			
Nightshade	Sprouted Seeds	Wakame			
Veggies	Nuts	Sea Veggies			

Source: <http://www.thewolfeclinic.com/acidalkfoods.html>