**More Ranked Foods: ALKALINE (pH)  to  ACIDIC (pH)**

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|   **Alkaline:**  Meditation, Prayer, Peace, Kindness & Love  |   **Acid:**  Overwork, Anger, Fear, Jealousy & Stress  |
|   **Extremely Alkaline Forming Foods - pH 8.5 to 9.0** |   **Extremely Acid Forming Foods - pH 5.0 to 5.5** |
|   **9.0**  Lemons **1,** Watermelon **2** * 1. Agar Agar **3,** Cantaloupe, Cayenne (Capsicum) **4,** Dried dates & figs, Kelp, Karengo, Kudzu root, Limes Mango, Melons, Papaya, Parsley **5,** Seedless grapes (sweet), Watercress, Seaweeds, Asparagus **6,** Endive, Kiwifruit, Fruit juices **7,** Grapes (sweet), Passion fruit, Pears (sweet), Pineapple,
	2. Raisins, Umeboshi plum, Vegetable juices **8**
 |   **5.0**  Artificial sweeteners   **5.5**  Beef, Carbonated soft drinks & fizzy drinks **38,** Cigarettes (tailor made), Drugs, Flour (white wheat) **39,** Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) **40,** Beer **34,** Brown sugar **35,** Chicken, Deer, Chocolate, Coffee **36,** Custard with white sugar, Jams, Jellies, Liquor **37,** Pasta (white), Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed). |
|   **Moderate Alkaline - pH 7.5 to 8.0** |   **Moderate Acid – pH 6.0 to 6.5** |
|   **8.0**  Apples (sweet), Apricots, Alfalfa sprouts **9,** Arrowroot, flour **10,** Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11,** Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) **12,** Spinach  **7.5**  Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob **13,** Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote,        Strawberry, Squash **14,** Sweet corn (fresh), Tamari **15,** Turnip, Vinegar (apple cider) **16** |   **6.0**  Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods **32,** Wine **33,** Yogurt (sweetened)  **6.5**  Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial),  Tapioca, Wheat bread (sprouted organic) |
|   **Slightly Alkaline to Neutral pH 7.0** |   **Slightly Acid to Neutral pH 7.0** |
|   **7.0**  Almonds **17,** Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18,** Onions, Pickles **19,** (home made), Radish, Sea salt **20,** Spices **21,** Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut       Amaranth, Artichoke (globe), Chestnuts (dry      roasted), Egg yolks (soft cooked), Essene bread **22,** Goat's milk and whey (raw) **23,** Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24,** Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25,** Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes) |   **7.0**  Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries **30,** Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy        products, Molasses (unsulphered organic **31,**    Nutmeg, Mustard, Pistachios, Popcorn & butter  (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds   (pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses, (mild & crumbly) **28,** Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29,** Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30,** Prunes **30,** Spelt |

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|   **Neutral pH 7.0   -    Healthy Body Saliva pH Range is between 6.4 to 6.8**  (on your pH test strips)  |
|   Butter (fresh unsalted), Cream (fresh & raw), Margarine **26,** Milk (raw cow's) **27,** Oils (except olive), Whey (cow's), Yogurt (plain) |

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| **NOTE:  Match with the numbers above.**  **1**. Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, & gastro upsets.  **2**. Good for a yearly fast.  For several days eat whole melon, chew pips well & eat also.  Super alkalizing food.  **3**. Substitute for gelatin, more nourishing.  **4**. Stimulating, non-irritating body healer.  Good for endocrine system.  **5**. Purifies kidneys.  **6**. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.  **7**. Natural sugars give alkalinity.  Added sugar causes juice to become acid-forming.  **8**. Depends on vege's content and sweetness.  **9**. Enzyme rich, superior digestibility.**10**. High calcium content.  Cornflour substitute.**11**. Elevates acid food 5.0 in alkaline direction.**12**. Vegetable content raises alkalinity.**13**. Substitute for coca; mineral rich.**14**. Winter squash rates 7.5.  Butternut & sweeter squash rates 8.0.**15**. Genuine fermented for 1½ years otherwise 6.0.**16**. Raw unpasteurized is a digestive aid to increase HCL in the stomach.  1 tablespoon, plus honey & water before meals.**17**. Soak 12 hours, peel skin to eat.**18**. Sundried, tree ripened, otherwise 6.0.**19**. Using sea-salt and apple cider vinegar.**20**. Contains sea minerals.  Dried at low temperatures.**21**. Range from 7.0 to 8.0.**22**. Sprouted grains are more alkaline.  Grains chewed well become more alkaline.**23**. High sodium to aid digestion.**24**. High levels of utilizable calcium.  Grind before eating.**25**. Alkalinity and digestibility higher.**26**. Heating causes fats to harden and become indigestible.**27**. High mucous production.**28**. Mucous forming and hard to digest.**29**. When sprouted dry beans rate 7.0.**30**. Contain acid-forming benzoic and quinic acids.**31**. Full of iron.**32**. Unrefined wheat is more alkaline.**33**. High quality red wine, no more than 4 oz. daily to build blood.**34**. Good quality, well brewed - up to 5.5.  Fast brewed beers drop to 5.0.**35**. Most are white sugars with golden syrup added.**36**. Organic, fresh ground-up to 5.5.**37**. Cheaper brands drop to 5.0, as does over-indulgence.**38**. Leaches minerals.**39**. Bleached - has no goodness.**40**. Poison!  Avoid it.**41**. Potential cancer agent.  Over-indulgence may cause partial blindness. |