

<< Are You Eating Enough Alkaline Foods >>

Alkaline Acid Food Chart

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 alkalizing group.

You may find it useful to check your pH using our Personal pH Test Kit in order to find out if your selection is providing the desired balance.

Alkalizing Foods

VEGETABLES

Alfalfa
Asparagus
Barley Grass
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chives
Chlorella
Collard Greens
Cucumber
Dulce
Dandelions
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce

Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radish
Rutabaga
Sea Veggies
Spinach
Spirulina
Sprouts
Squashes
Sweet Potato
Tomato
Turnips
Watercress
Wheat Grass
Wild Greens
Zucchini

FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Blackberries
Cantaloupe
Cherries
Coconut, fresh
Currants
Dates/Figs
Goji
Grapefruit
Grapes
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Plums Umeboshi
Raisins
Raspberries
Rhubarb

Strawberries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Almonds
Chestnuts
Cottage Cheese
Flax Seeds
Millet
Pumpkin Seeds
Sprouted Seeds
Squash Seeds
Sunflower Seeds
Tempeh (fermented)
Tofu (fermented)
Whey Protein Concentrate
Yogurt

SWEETENERS

Stevia

SPICES/SEASONINGS

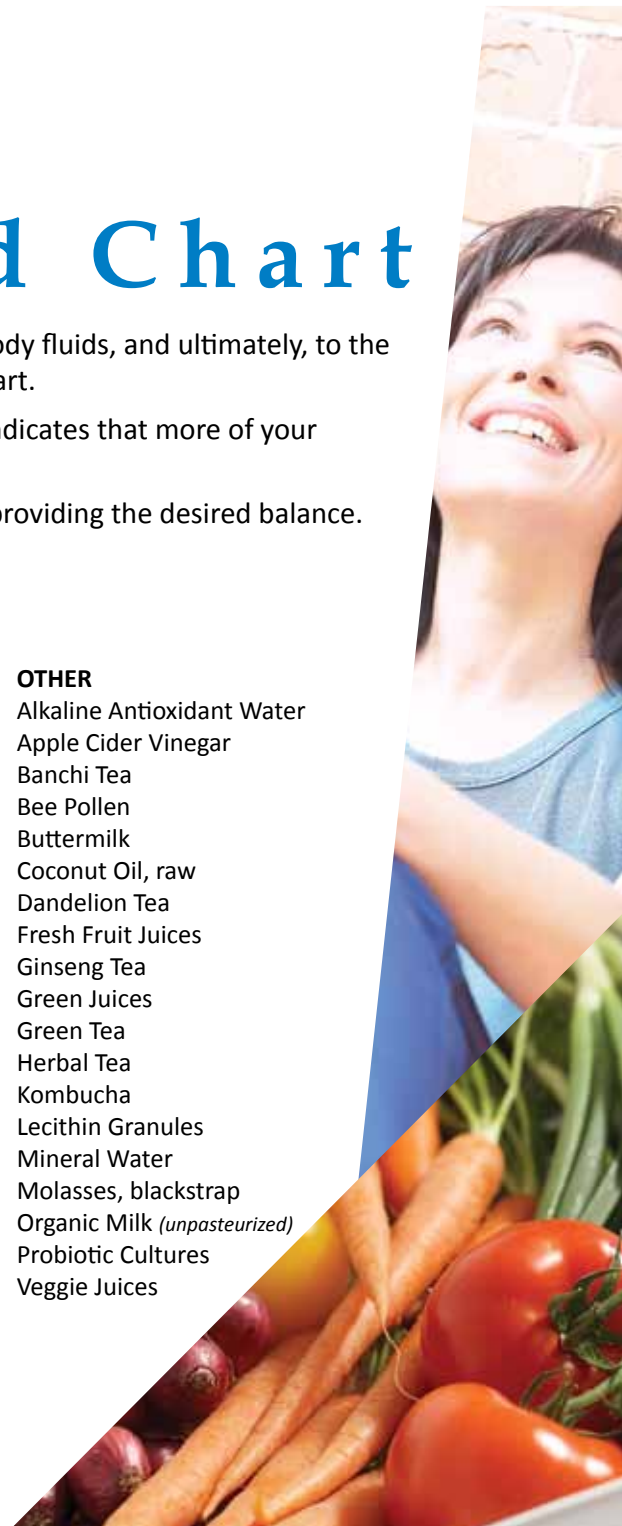
Cayenne
Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)
Miso
Mustard
Sea Salt
Tamari
Turmeric

ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Sea Veggies
Shitake
Umeboshi
Wakame

OTHER

Alkaline Antioxidant Water
Apple Cider Vinegar
Banchi Tea
Bee Pollen
Buttermilk
Coconut Oil, raw
Dandelion Tea
Fresh Fruit Juices
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Molasses, blackstrap
Organic Milk (*unpasteurized*)
Probiotic Cultures
Veggie Juices



<< Are You Eating Enough Alkaline Foods >>

Maintain Vital Health

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

Acidifying Foods

VEGETABLES

Corn
Lentils
Olives
Potatoes
Winter Squash

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Plums
Prunes

GRAINS

Amaranth
Barley
Bread
Buckwheat
Corn/Cornstarch
Crackers
Flour
Hemp Seed Flour
Kamut
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spelt
Wheat
Wheat Germ

DAIRY

Butter
Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep
Ice Cream
Margarine
Milk

NUTS & BUTTERS

Brazil Nuts
Cashews
Peanuts
Peanut Butter
Pecans
Pistachios
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Chicken
Clams
Corned Beef
Eggs
Fish
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pork
Rabbit
Salmon
Scallops
Shrimp
Tuna
Turkey
Veal
Venison

PASTA

Macaroni
Noodles
Spaghetti

SWEETENERS

Barley Malt
Brown Rice Syrup
Carob
Corn Syrup
Fructose
Honey
Sugar

ALCOHOL

Beer
Hard Liquor
Spirits
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
White Beans

OTHER

Almond Milk
Catsup
Cocoa
Coffee
Distilled Vinegar
Mustard
Pepper
Rice Milk
Soft Drinks
Soy Milk
Soy Sauce

DRUGS & CHEMICALS

Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

www.TheWolfeClinic.com
www.ShopTheWolfeClinic.com
Phone: 1.877.359.6950

