

# FoodMastery: pH Food Chart



Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Aspartame, Equal, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	<b>SWEETENERS</b>	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	<b>FRUITS</b>	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocado	Dates, Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Lemona, Watermelon, Limes, Grapefruit, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	<b>BEANS VEGETABLES LEGUMES</b>	Carrots, Tomatoes, Tofu, Fresh Corn, Mushrooms, Cabbage, Potato Skins, Peas, Olives, Soybeans	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Careb	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic <b>Bauer Power Green Juice</b>
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	<b>NUTS SEEDS</b>	Chestnuts	Almonds	
		Corn Oil	<b>OILS</b>	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	<b>GRAINS CEREALS</b>	Ameranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	<b>MEATS</b>			
Cheese, Ice Cream, Homogenized Milk	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	<b>EGGS DAIRY</b>	Soy Cheese, Soy Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	<b>BEVERAGES</b>	Ginger Tea	Green Tea	Herb Teas, Lemon Water

Acid		Healthy Body pH Range					Alkaline			
< 5.0	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5 +

\* Cancer has been medically-proven to not exist above 8.3 pH.

# FoodMastery: Alkaline Foods



## High Alkaline Foods: Eat Lots of These Foods!

Vegetables	
Alfalfa Grass	+ 29.3
Asparagus	+ 1.3
Barley Grass	+ 28.1
Burssel Sprouts	+ 0.5
Cabbage Lettuce, Fresh	+14.1
Cauliflower	+ 3.1
Cayenne Pepper	+ 18.8
Celery	+ 13.3
Comfrey	+ 1.5
Cucumber	+ 31.5
Dandelion	+ 22.7
Dog Grass	+ 22.6
Endive, Fresh	+ 14.5
Garlic	+ 13.3

Green Beans	+ 11.2
Green Cabbage, Dec.	+ 4.0
Green Cabbage, Mar.	+ 2.0
Kamut Grass	+ 27.6
Lamb's Lettuce	+ 4.8
Leeks, Bulbs	+ 7.2
Lettuce	+ 2.2
Onion	+ 3.0
Peas, Fresh	+ 5.1
Peas, Ripe	+ 0.5
Red Cabbage	+ 6.3
Rhubarb Stalks	+ 6.3
Savoy Cabbage	+ 4.5
Shave Grass	+ 21.7
Sorrel	+ 11.5

Soy Sprouts	+ 29.5
Spinach, Other Than Mar.	+13.1
Spinach, Mar. Harvest	+ 8.0
Sprouted Chia Seeds	+ 28.5
Sprouted Radish Seeds	+ 28.4
Straw Grass	+ 21.4
Watercress	+ 7.7
Wheat Grass	+ 33.8
White Cabbage	+ 3.3
Zucchini	+ 5.7

Root Vegetables	
Beet	+ 11.3
Carrot	+ 9.5
Horseradish	+ 6.8

Kohlrabi	+ 5.1
Potatoes	+ 2.0
Red Radish	+ 16.7
Rutabaga	+ 3.1
Summer Black Radish	+ 39.4
Turnip	+ 8.0
White Radish	+ 3.1

Fruits	
Avocado	+ 15.6
Fresh Lemon	+ 9.9
Limes	+ 8.2
Tomato	+ 13.6

Non-Stored Grains & Legumes	
Buckwheat Groats	+ 0.5

Granulated Soy	+ 12.8
Lentils	+ 0.6
Lima Beans	+ 12.0
Navy Beans	+ 12.1
Soy Flour	+ 2.5
Soy Lecithin	+ 38.0
Soy Nuts	+ 26.5
Soybeans, Fresh	+12.0
Spelt	+ 0.5
Tofu	+ 3.2

Nuts & Seeds	
Almonds	+ 3.6
Brazil Nuts	+ 0.5
Caraway Seeds	+ 2.3

## Borderline Foods: Foods You Should Only Consume Moderately!

Fruits (In Season)	
Apricot	- 9.5
Banana, Ripe	- 10.1
Banana, Unripe	+ 4.8
Black Currant	- 6.1
Blueberry	- 5.3
Cantaloupe	- 2.5
Cherry, Sour	+ 3.5
Cherry, Sweet	- 3.6
Coconut, Fresh	+ 0.5

Cranberry	- 7.0
Date	-4.7
Fig Juice Powder	-2.4
Gooseberry, Ripe	-7.7
Grape, Ripe	-7.6
Grapefruit	- 1.7
Italian Plum	- 4.9
Mandarin Orange	- 11.5
Mango	- 8.7
Orange	- 9.2

Papaya	- 9.4
Peach	- 9.7
Pear	- 9.9
Pineapple	-12.6
Raspberry	- 5.1
Red Currant	- 2.4
Rose Hips	- 15.5
Strawberry	- 5.4
Tangerine	- 8.5
Watermelon	- 1.0

Yellow Plum	- 4.9
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Non-Stored Grains & Legumes	
Brown Rice	- 12.5
Wheat	- 10.1

Nuts & Seeds	
Hazelnuts	- 2.0
Macadamia Nuts	- 3.2
Walnuts	- 8.0

Fats	
Coconut Milk	- 1.5
Sunflower Oil	- 6.7

Meat, Poultry, & Fish	
Fresh Water Fish	- 11.8

# FoodMastery: Alkaline Foods



## Unhealthy Acidic Foods: Try To Avoid These Foods!

Meat, Poultry, & Fish	
Beef	- 34.5
Chicken	- 18.0
Eggs	- 22.0
Liver	- 3.0
Ocean Fish	- 20.0
Organ Meats	- 3.0
Oysters	- 5.0
Pork	- 38.0
Veal	- 35.0

Sweets	
Artificial Sweeteners	- 26.5
Barley Malt Syrup	- 9.3

Beet Sugar	- 15.1
Brown Rice Syrup	- 8.7
Chocolate	- 24.6
Dried Sugar Cane Juice	- 18.0
Fructose	- 9.5
Honey	- 7.6
Malt or Milk Sweetener	- 9.8
Milk Sugar	- 9.4
Molasses	- 14.6
Turbinado Sugar	- 9.5
White Sugar	- 17.6

Fats	
Butter	- 3.9

Corn Oil	- 6.5
Margarine	- 7.5

Stored Grains & Risen Dough	
Rye Bread	- 2.5
White Biscuit	- 6.5
White Bread	- 10.0
Whole-Grain Bread	- 4.5
Whole-Meal Bread	- 6.5

Nuts & Seeds	
Cashews	- 3.9
Peanuts	- 12.8
Pistachios	- 16.6

Milk & Milk Products	
Buttermilk	+ 1.3
Cream	- 3.9
Hard Cheese	- 18.1
Homogenized Milk	- 1.0
Quark	- 17.3

Condiments	
Ketchup	- 12.4
Mayonnaise	- 12.5
Mustard	- 19.2
Soy Sauce	- 36.2
Vinegar	- 39.4

Beverages	
Beer	- 26.8
Coffee	- 25.1
Fruit Juice, Sweetened	- 8.7
Liquor	- 38.7
Tea, Black	- 27.1
White Sugar	- 33.6
Wine	- 16.4

Miscellaneous	
Canned Foods	
Microwaved Foods	
Processed Foods	

## Pathogens: Avoid These Foods Whenever Possible!

*Yeast, Fungus, and Mold are present on these foods.*

Milk
Butter
Cheese
Ice Cream
Eggs
Beef
Pork

Chicken
Turkey
Lamb
Fermented Foods
Soy Sauce
Vinegar
Sauerkraut

Miso
Olives
Horseradish
Tamari
Mayonnaise
Salad Dressings
Monosodium Glutamate

Ketchup
Mustard
Tempeh
Corn
Corn Products
Potatoes
Peanuts

Mushrooms
Brewers Yeast
Bakers Yeast
Stored Grains