

## Chart: Acid & Alkaline Foods

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur. An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

An alkaline pH is an extremely uncommon health issue.

This chart is provided as a general guide to alkalizing and acidifying foods.

ALKALINE FORMING FOODS				
<b>VEGETABLES</b> Garlic Asparagus Fermented Veggies Watercress Beetroot Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Cucumber Eggplant Kale Kohlrabi Lettuce Mushrooms Mustard Greens Dulce Edible Flowers Onions Parsnips Peas	Peppers Pumpkin Silverbeet Sprouts Zucchini Ginger Alfalfa Barley Grass Wheat Grass Edible Weeds  <b>ORIENTAL VEGETABLES</b> Daikon Shitake Kombu Reishi Nori Umeshoshi Wakame  <b>SWEETENERS</b> Stevia	<b>FRUITS</b> Apple Apricot Avocado Banana Cherries Currants Dates Figs Grapes Grapefruit Lime Nectarine Orange Lemon Peach Pear Pineapple Berries Tangerine Tropical Fruits Melons	<b>PROTEIN</b> Eggs Whey Protein Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Pumpkin Seeds Sunflower Seeds Millet Sprouted Seeds Nuts  <b>SPICES/SEASONINGS</b> Cinnamon Curry Mustard Chili Pepper All Herbs	<b>OTHER</b> Apple Cider Vinegar Bee Pollen Lecithin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Water Green Tea Herbal Tea Kombucha Spirulina Chlorella Sea Salt Miso Tamari
ACID FORMING FOODS				
<b>FRUITS &amp; VEGETABLES</b> Cranberries Tomatoes  <b>GRAINS</b> Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats Quinoa Rice Rye Spelt Kamut Wheat Hemp Seed Flour Pasta Noodles	<b>FATS &amp; OILS</b> Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil  <b>NUTS &amp; BUTTERS</b> Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts	<b>ANIMAL PROTEIN</b> Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison	<b>BEANS &amp; LEGUMES</b> Black Beans Chickpeas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk  <b>DAIRY</b> Cheese, Cow Cheese, Goat Cheese, Sheep Milk Butter	<b>OTHER</b> Distilled Vinegar Wheat Germ Potatoes  <b>DRUGS &amp; CHEMICALS</b> Aspartame Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides  <b>ALCOHOL</b> Beer Spirits Hard Liquor Wine

**Autumn Falk**

**Naturopath & Shiatsu Practitioner**

Clinic address: 2/12 Cypress Street, Judea, Tauranga \ Postal address: PO Box 15603, Tauranga 3144

Phone: +64272931430 \ Email: autumn.naturopath@gmail.com \ www.autumn-falk-naturopath.co.nz

