

MILDLY ALKALINE**MODERATELY ALKALINE****HIGHLY ALKALINE**

Almond Milk
 Distilled Water

Artichokes
 Asparagus
 Brussels Sprouts
 Cauliflower
 Comfrey
 Kohlrabi
 Lamb's Lettuce
 Leeks
 New Baby Potatoes
 Peas
 Pumpkin
 Onion
 Rutabaga
 Swede
 Squash (Butternut, Summer, etc.)
 Watercress
 White Cabbage

Coconut
 Grapefruit
 Pomegranate

Almonds
 Fennel Seeds
 Lentils
 Tofu
 Sesame Seeds

Herbs & Spices

Avocado Oil
 Olive Oil
 Coconut Oil
 Flax Oil
 Grapeseed Oil
 Hemp Oil
 pH Miracle Omega 3-6-9 Oil

Fresh Coconut Water

Arugula
 Beets
 Basil
 Capsicum/Pepper
 Cabbage Lettuce
 Carrot
 Chives
 Collard/Spring Greens
 Coriander
 Endive
 Ginger
 Green Beans
 Leeks
 Lettuce
 Mustard Greens
 Okra
 Radish
 Red Cabbage
 Red Onion
 Turnip
 Zucchini

Lemon
 Lime
 Rhubarb

Butter Beans
 Lima Beans
 Soy Beans (fresh)
 White (Navy) Beans

Chia/Salba Seeds
 Hemp Seeds
 Quinoa

pH 9.5 Water
 Green Drinks

Himalayan Salt
 Real Salt

Avocado
 Broccoli
 Cabbage
 Celery
 Cucumber
 Endive
 Garlic
 Grasses (alfalfa, kamut, straw, shave, wheatgrass, etc.)
 Kale
 Parsley
 Sprouts (alfalfa, bean, pea, soy, etc.)
 Spinach

Tomato

Soy Nuts. . .
 (soaked soybeans, then air-dried)

Soy lecithin, pure

HIGHLY ACIDIC**MODERATELY ACIDIC****MILDLY ACIDIC**

Alcohol
Coffee & Black Tea
Fruit Juice (sweetened)

Cocoa
Honey
Jam
Jelly
Mustard
Miso
Rice Syrup
Vinegar
Yeast

Dried Fruit

Beef
Chicken
Eggs
Farmed Fish
Pork
Shellfish

White Rice
Cheese
Dairy

Artificial Sweeteners
Syrup

Mushroom

Fresh, Natural Juice

Ketchup
Mayonnaise
Butter

Apple
Apricot
Banana
Blackberry
Blueberry
Cranberry
Grapes
Guava
Mango
Mangosteen
Orange
Peach
Papaya
Pineapple
Strawberry

Goat's Cheese
Vegan Cheese

Brown Rice
Rye Bread
Wheat
Wholemeal Bread
Wild Rice
Wholemeal Pasta

Walnuts

Ocean Fish

Rice, Soy, & Coconut Milk

Cantaloupe
Fresh Dates
Nectarine
Plum
Sweet Cherry
Watermelon

Black Beans
Garbanzo Beans
Kidney Beans
Seitan

Amaranth
Buckwheat Groats
Buckwheat Pasta
Millet
Oats/Oatmeal
Soybeans
Spelt
Cous Cous

Rice/Soy/Hemp Protein

Freshwater Wild Fish

Brazil Nuts
Flax Seeds
Hazelnuts
Macadamia Nuts
Pecans
Pumpkin Seeds
Sunflower Seeds

Sunflower Oil

ALKALINE FOODS

ACID FOODS

<u>VEGETABLES</u>	<u>FRUITS</u>	<u>MEATS</u>	<u>DAIRY PRODUCTS</u>
Artichokes Arugula Asparagus Avocado Basil Beets Broccoli Brussels Sprouts Cabbage Cabbage Lettuce Capsicum/Pepper Carrot Cauliflower Celery Chives Collard/Spring Greens Comfrey Coriander Cucumber Endive Endive Garlic Ginger Grasses Green Beans Kale Kohlrabi Lamb's Lettuce Leeks Leeks Lettuce Mustard Greens New Baby Potatoes Okra Onion Parsley Peas Pumpkin Radish Red Cabbage	Avocado Coconut Grapefruit Lemon Lime Pomegranate Rhubarb Tomato	Pork Lamb Beef Chicken Turkey Custaceans Other Seafood (apart from occasional oily fish such as salmon)	Milk Eggs Cheese Cream Yogurt Ice Cream
	<p style="text-align: center;"><u>DRINKS</u></p> Almond Milk Fresh Vegetable Juice Green Drinks Herbal Tea Lemon Water (pure water + fresh lemon or lime) Non-sweetened Soy Milk Pure Water (distilled, reverse osmosis, ionized) Vegetable Broth	<p style="text-align: center;"><u>OTHERS</u></p> Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey	<p style="text-align: center;"><u>DRINKS</u></p> Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea
	<p style="text-align: center;"><u>SEEDS, NUTS & GRAINS</u></p> Almonds Any Sprouted Seed Buckwheat Groats Caraway Seeds Cumin Seeds Fennel Seeds Hemp Seeds Lentils Sesame Seeds Spelt	<p style="text-align: center;"><u>CONVENIENCE FOODS</u></p> Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food	<p style="text-align: center;"><u>FATS & OILS</u></p> Saturated Fats Hydrogenated Oils Margarine (worse than butter) Corn Oil Vegetable Oil Sunflower Oil

Red Onion Rutabaga Spinach Sprouts Squash Turnip Watercress White Cabbage Zucchini			
<u>FATS & OILS</u>	<u>OTHERS</u>	<u>FRUITS</u>	<u>SEEDS & NUTS</u>
Flax Hemp Avocado Olive Evening Primrose Borage Oil Blends	Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli, etc.) Hummus Tahini	All fruits, aside from those listed in the alkaline column.	Peanuts Cashew Nuts Pistachio Nuts
General Guidance: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 liters of clean, pure water daily.	General Guidance: Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwaved meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal.		

This chart and other pH information can be found at <https://www.phmiracleliving.com/t-food-chart.aspx>