

Foods and their effects on pH	ALKALINE			ACIDIC		
	Best	Better	Good	Bad	Worse	Worst
	Very Alkaline	Moderately Alkaline	Slightly Alkaline	Slightly Acidic	Moderately Acidic	Very Acidic
Beans, and legumes (not older than 90 days)	soy	lima beans	lentil	chickpeas		
	soy bean (not salted and roasted)	soybeans (frozen)	soy flour	red beans		
		white aspen beans	tofu	black beans		
		soy granulate		seitan (wheat meat)		
Drinks	alkaline water		distilled water		fresh fruit juices (natural)	alcohol, spirits, bier, wine, coffee, tea, sweetened fruit juices
Spices	Himalayan salt	red paprika, garlic, onion, ginger, cayenne pepper (chili)	fresh spice plants, most of the spices	curry powder	table salt, ketchup, mayonnaise, vanilla	mustard, vinegar, yeast, marmalade, cocoa, malt, fruit jelly, carob, natrium-glutamin (E-621) soy sauce, rice syrup
Fats (only purchase cold pressed)			olive oil, linseed oil, seafish oils, coconut oil, avocado oil, fishliver oil	sunflower oil, grapeseed oil, canola oil	margarine, butter, corn oil, ghi	
Fruits			sour cherry, lemon, grapefruit, lime, coconut, green banana (unripe)	plum, cherry, blackcurrant, nectarine, sweet melon, fresh dates	apricot, peach, watermelon, honeydew melon, pear, apple, grape, strawberry, redcurrant, raspberry, blueberry, fresh figs, banana, orange, mandarine, mango, pineapple, papaya, guava	dried fruits, canned/bott-led fruits
Grains			quinoa, wheat	millet, triticale, amarant, mush	wheat, oat, white rice, brown rice, wild rice, white bread.	corn, barley, rye, oat
Red meat, poultry and fish				sweet water fish (from natural environment)	seafish (from natural environment)	pork, veal, beef, chicken and other poultry, eggs, shellfish, all other fish

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Milk and dairy products	breast milk		goat's milk	milk, cream, sour cream, soy milk, rice milk		cheese, cottage cheese, yoghurt, icecream, casein (milk protein), soy cheese, goats cheese
Nuts (no roasting or salt)			almond	nuts, brazilian walnut, pecan nuts	walnuts	peanut, pistaccio, cashew nuts
Root vegetables		beetroot, celery, radish, ginger	white and red carott, horse radish, sweet carrott			potato (from last year)
Seeds (not roasted or salty!)	pumpkin seed		caraway seeds, sesame seed, sweet and roman caraway	sunflower seed, linseed		
Sweeteners			Stevia, chicory			all artificial sweeteners, sacharin, aspartam (E-951), white sugar, carrot sugar, corn syrup, melas, fructose, maple syrup, honey, dried reed, reed syrup, maltose syrup, brown rice syrup
Vegetables	savoy cabbage, parsley, cucumber, herbs, sprouts, sea vegetables (but not algies)	tomato, pepper, lettuce, broccoli, grean beans, cabbage, celery, spinach, garlic, onion, chicory, avocado, okra, endive	cauliflower, kholrabi, peas, chives, leek, brussel sprouts, zucchini, artichoke, rubarb, water raddish, asparagus			all types of mushrooms

Source: pH Miracle by Robert O. Young