

# The pH Miracle Alkaline-Acid Food Chart



## MILDLY 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

## MODERATELY ALKALINE

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

## HIGHLY ALKALINE

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

# The pH Miracle

## Alkaline-Acid Food Chart



### HIGHLY 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

### MODERATELY ACIDIC

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

### MILDLY ACIDIC

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

## VEGETABLES

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  
Lettuce  
Mustard Greens  
New Baby Potatoes  
Okra  
Onion  
Parsley  
Peas  
Pumpkin  
Radish  
Red Cabbage  
Red Onion  
Rutabaga  
Spinach  
Sprouts  
Squash  
Turnip  
Watercress  
White Cabbage  
Zucchini

## FRUITS

Avocado  
Coconut  
Grapefruit  
Lemon  
Lime  
Pomegranate  
Rhubarb  
Tomato

## DRINKS

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

## SEEDS, NUTS, GRAINS

Almonds  
Any Sprouted Seed  
Buckwheat Groats  
Caraway Seeds  
Cumin Seeds  
Fennel Seeds  
Hemp Seeds  
Lentils  
Sesame Seeds  
Spelt

## FATS & OILS

Flax  
Hemp  
Avocado  
Olive  
Evening Primrose  
Borage  
Oil Blends

## OTHERS

Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli, etc.)  
Hummus  
Tahini

### 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.

## MEATS

Pork  
Lamb  
Beef  
Chicken  
Turkey  
Custaceans  
Other Seafood (apart from occasional oily fish, such as salmon)

## OTHERS

Vinegar  
White Pasta  
White Bread  
Wholemeal Bread  
Biscuits  
Soy Sauce  
Tamari  
Condiments (Tomato Sauce, Mayonnaise etc.)  
Artificial Sweeteners  
Honey

## CONVENIENCE FOODS

Sweets  
Chocolate  
Microwave Meals  
Tinned Foods  
Powdered Soups  
Instant Meals  
Fast Food

## FRUITS

All fruits, aside from those listed in the alkaline column.

### 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.

## DAIRY PRODUCTS

Milk  
Eggs  
Cheese  
Cream  
Yogurt  
Ice Cream

## DRINKS

Fizzy Drinks  
Coffee  
Tea  
Beers  
Spirits  
Fruit Juice  
Dairy Smoothies  
Milk  
Traditional Tea

## FATS & OILS

Saturated Fats  
Hydrogenated Oils  
Margarine (worse than butter)  
Corn Oil  
Vegetable Oil  
Sunflower Oil

## SEEDS & NUTS

Peanuts  
Cashew Nuts  
Pistachio Nuts