ALKALANIZING THE BODY

Also see Acid-Alkaline Balance in the Addendum

FOODS MOST ALKALINE PRODUCING

Lemons	7.5pH
Watermelon	7.5
Melons, all	7.0-7.5
Agar Agar	7.0
Cantaloupe	7.0
Cayenne	7.0
Parsley	7.0
Kelp	7.0
Figs, dried	7.0
Dates, dried	7.0
Grapes-thompson	7.0
Limes	7.0
Mango	7.0
Papaya	7.0
Parsley juice	7.0
Seaweed, all	7.0
Watercress	7.0
Wheatgrass juice	7.0
Asparagus	6.5
Miso	6.5
Passion fruit	6.5
Pineapple	6.5
Raisins	6.5
Fruit juices	6.0-7.0
Pears	6.0-6.5
Alfalfa sprouts	6.0
Apricots	6.0
Arrowroot flour	6.0
Bananas, ripe	6.0
Berries (except blueberries)	6.0
Carrot juice	6.0
Celery &/or juice	6.0
Chard	6.0
Currants	6.0
Dandelion greens	6.0
Dates, fresh	6.0
Figs, fresh	6.0
Garlic	6.0
Gooseberry	6.0
Grapes	6.0
Grapefruit	6.0
Guavas	6.0
Lettuce	6.0
Nectarines	6.0
Persimmons	6.0
Rutabaga	6.0
Spinach	6.0
Tangarines	6.0
Apples	5.5-6.0
Peaches	5.5-6.0
Peas(fresh)	5.5-6.0
Pumpkin	5.5-6.0
Teas, herbal leaves	5.5-6.5
Bamboo shoots	5.5
Beets/juice	5.5
Broccoli	5.5
Cabbage	5.5
Carob	5.5
Cauliflower	5.5
Corn	5.5
Daikon	5.5
Ginger, fresh	5.5
Greenbeans,fresh	5.5
Green onions	5.5
Kale	5.5
Kohlrabi	5.5
Lettuce,iceberg	5.5
Lima bean, fresh	5.5
Mustard Greens	5.5
Oranges	5.5
Parsnips	5.5
Pepper, bell	5.5
Pomegranate	5.5
Potatoes	5.5
Strawberries	5.5
Tamari Sauce 5.5	
Turnip	5.5
Squash	5.0-6.0
Almonds	5.0
Barley malt sweetener	5.0
Brown rice syrup	5.0
Brussel sprouts	5.0
Cherries	5.0
Chicory	5.0
Coconuts, fresh	5.0
Cucumber	5.0
Eggplant	5.0
Leeks	5.0
Okra	5.0
Olives	5.0
Pickles	5.0
Radishes	5.0
Seasalt	5.0
Taro	5.0
Waterchestnut	5.0
Artichokes	4.5-5.0
Mushrooms	4.5-5.0
Onions	4.5-5.0
Teas(herbal)	4.5-5.0
Tomato	4.5-5.0
Amaranth	4.5
Chestnuts	4.5
Egg yolks	4.5
Essene bread	4.5
Goatmilk, raw	4.5
Granola	4.5
Horseradish	4.5
Millet	4.5
Olive Oil	4.5
Quinoa	4.5
Rhubarb	4.5
Sesame seeds	4.5
Soybean product	4.5
Soy sauce	4.5
Whey, goat	4.5
Acidolphilus	4.0
Almond oil	4.0
Avocado oil	4.0
Butter, unsalted	4.0
Canola oil	4.0
Castor oil	4.0
Corn oil	4.0
Cranberries	4.0
Cream, fresh/raw	4.0
Margarine	4.0
Safflower oil	4.0
Safflower oil	4.0
Sesame Oil	4.0
Soy oil	4.0
Sunflower oil	4.0
Whey, cow	4.0
Yogurt, plain	4.0
Raw cows milk	3.5-4.0
Butter, salted	3.5
Aduki beans	3.5
Black beans	3.5
Blueberries	3.5
Bread: Sprouted millet	3.5
Brazil nuts	3.5
Broadbeans	3.5
Cheese, mild	3.5
Cheese, crumbly	3.5
Dried beans	3.5
Egg whites	3.5
Garbanzo beans	3.5
Goatmilk, homo	3.5
Kidney beans	3.5
Mung beans	3.5
Navy beans	3.5
Pecans	3.5
Pinto beans	3.5
Plums	3.5
Prunes	3.5
Red beans	3.5
Spelt flour	3.5
White beans	3.5
Barley	3.0
Bread: Sprouted rye	3.0
Cheese, med.	3.0
Chicken fat	3.0
Cornmeal	3.0
Filbert nuts	3.0
Fruit juice	3.0
Honey	3.0
Macadamia nuts	3.0
Maple Syrup	3.0
Milk, homo	3.0
Molasses (org)	3.0
Pistachios	3.0
Rye flour	3.0
Lentils	3.0
Sunflower seeds	3.0
Turbinado sugar	3.0
Walnuts	3.0
Beef fat	2.5
Buckwheat	2.5
Cheese, sharp	2.5
Eggs	2.5
Ketchup	2.5
Mayo	2.5
Pasta,wholegrain	2.5
Pastry, whole grain/ Honey	2.5
Rice, basmati	2.5
Rice, brown	2.5
Oats (steelcut)	2.5
Peanuts	2.5
Bread: Wheat sprouted	2.5
Tapioca	2.5
Fructose	2.0
Molasses, refined	2.0
Pork fat	2.0
Shellfish	2.0
Wheatgerm	2.0
Wheat, whole	2.0
Wine	2.0
Yogurt, sweet2.0	
Fish	1.5-2.0
Chicken (organic)	1.5
Deer	1.5
Pheasant	1.5
Rabbit	1.5
Turkey	1.5
Wheat (white)	1.5
Pop	1.0-3.0
Black tea	1.5
Pasta (refined)	1.5
Beer/liquor	1.0-2.0
Coffee	1.0-2.0
White rice	1.0-1.5
Bear meat	1.0
Beef, organic	1.0
Goat	1.0
Lamb	1.0
Pastry (refined flour with sugar)	1.0
Pork	1.0
Soft drink with Artificial sweeteners	1.0
Sugarcane	1.0
Artificial sweeteners	.5pH

FOODS MOST ACIDIC PRODUCING