

FOODS AND THEIR EFFECT ON BODY CHEMISTRY

This list gives an indication of the contribution of various food substances to the acidity or alkalinity of your body fluids and ultimately, to the urine, saliva and venous blood. Your kidneys help to maintain the neutrality of your body fluids by excreting the excess acid or alkali in the urine. In general, it is important to eat a diet which contains foods from both categories - **ideally 75% alkaline and 25% acid ash forming foods**. Allergic reactions and other forms of stress tend to produce acids in the body. High acidity indicates that more of your foods should be selected from the alkaline food group.

You can check your urine pH using Litmus paper to find out if your food selection is providing the desired balance. Check urine pH 3 times a day. A urine pH of between 6.2 in the morning and 7.4 in the afternoon is ideal. This will vary throughout the day depending on the foods you eat, allergic reactions and stress factors.

(This chart is a guideline only.)

| Alkaline Ash Forming Foods | | | Acid Ash Forming Foods | | |
|--|---|---|--|--|---|
| <p><u>Vegetables</u> Barley grass Alfalfa grass Asparagus Broccoli Brussel sprouts Cabbage Cauliflower Celery Chlorella (algae) Collard greens Cucumber Dulse Dandelions Eggplant Fermented vegetables Garlic Kale Kohlrabi Lettuce Lentils Mushrooms Mustard greens Onions Parsnips Peas Peppers Potatoes Pumpkin Rutabaga Sea vegetables Spirulina (algae) Sprouts (all types) Squashes Watercress Wheat grass Wild greens</p> <p><u>Beverages</u> Fresh fruit juice (unsweetened) Mineral water (non-carbonated) Quality water Vegetable juices</p> | <p><u>Oriental vegetables</u> Daikon Dandelion root Kombu Maitake Nori Reishi Shiitake Umeboshi Wakame</p> <p><u>Fruits</u> Apples Apricots Avocado Banana Blackberry Blueberry Cantaloupe Cherries Currants Dates Grapes Grapefruits Honeydew Lemon Lime Nectarine Peaches Pears Pineapple Raisins Raspberry Rhubarb Strawberry Tangerine Tropical fruits Watermelon</p> <p><u>Sweeteners</u> Molasses, raw</p> | <p><u>Nuts & Seeds</u> Almonds Chestnuts Coconut Flax seeds Pumpkin seeds Sesame seeds Squash seeds Sunflower seeds Millet</p> <p><u>Other</u> Apple cider vinegar Bee pollen Dairy-free probiotic cultures - Lecithin granules Organic yogurt</p> <p><u>Teas</u> Banchi tea Dandelion tea Green tea Ginseng Herbal teas Kombucha</p> <p><u>Spices & Seasonings</u> All herbs Chili peppers Cinnamon Curry Ginger Mustard Miso Salt (sea, Celtic) Tamari</p> <p><u>Neutral</u> AIM BarleyLife® AIMega™</p> | <p><u>Fats & Oils</u> Avocado oil Canola oil Corn oil Grape seed oil Hemp seed oil Lard Olive oil Safflower oil Sesame oil Sunflower oil</p> <p><u>Fruits</u> Cranberries Dry fruit * Tomatoes</p> <p><u>Grains</u> Amaranth Barley Buckwheat Corn Hemp Seed Flour Kamut Oats (rolled) Quinoa Rice (brown, Basmati) Rye Spelt Wheat</p> <p><u>Dairy products</u> Cheese - cow, goat, sheep & processed Milk (avoid BGH) Whey protein Ice cream</p> | <p><u>Nuts & Butters</u> Brazil nuts Cashews Fiberts Peanuts Peanut butter Pecans Tahini Walnuts</p> <p><u>Animal protein</u> Beef Carp Chicken Clams Duck Eel Eggs Haddock Halibut Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison</p> <p><u>Other</u> Alcoholic beverages Almond milk Brewers yeast Coffee Distilled vinegar Pasta</p> | <p><u>Sweets & Sweeteners</u> Candy Honey Maple syrup Saccharin Soft drinks Sugar</p> <p><u>Vegetables</u> Beets Black beans Carrots Chick peas Green peas Kidney beans Lima beans Pinto beans Red beans Soybeans Soy milk Tofu White beans</p> <p><u>Drugs & Chemicals</u> Chemicals Drugs Pesticides, herbicides</p> |

NOTE: Use organically grown whenever possible