

Alkaline and Acidic Forming Foods

<i>Category</i>	High Alkaline	Medium Alkaline	Low Alkaline	Low Acid	Medium Acid	High Acid
<u>Fruits</u>	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas, Cantaloupe	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Strawberries, Raspberries, Apples, Pears, Raisins, Passionfruit, Pineapples	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados, Rhubarb, Fresh Coconut	Plums, Processed Fruit Juices	Sour Cherries, Canned Fruit	Blueberries, Cranberries, Prunes, Sweetened Fruit Juices
<u>Vegetables</u> <u>Beans/Legumes</u>	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Seaweeds, Sweet Potatoes	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Kelp, Mustard Greens, Alfalfa Sprouts, Aprocots, Cucumbers, Summer Squash	Carrots, Tomatoes, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Sweet Peas, Bell Peppers, Bamboo Shoots, Artichoke, Endive, Raw Cabbage, Radishes, Turnips, Zucchini, Ginger, Pumpkin, Eggplant, Cauliflower	Cooked Spinach, Kidney Beans, String Beans	Potatoes (w/out skins), Pinto Beans, Navy Beans, Lima Beans,	
<u>Meats</u>				Venison, Liver, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
<u>Eggs/Dairy</u>			Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Custard, Homogenized Milk, Ice Cream
<u>Grains/Cereals</u>			Millet, Wild Rice	Sprouted/Whole Wheat Bread, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye, Unrefined Cream of Wheat	Wheat, White Flour, Pasteries, Pasta
<u>Oils</u>	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil		
<u>Beverages</u>	Herb Teas, Lemon Water, Aloe Vera Juice	Green Tea	Ginger Tea, Orange Juice	Tea, Cocoa	Coffee, Wine, Black Tea	Liquor, Beer, Soft Drinks
<u>Sweetners</u>	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Processed Maple Syrup	NutraSweet, Equal, Aspartame, Sweet 'N Low
<u>Nuts/Seeds</u>		Almonds	Chestnuts	Pumpkin Seeds, Sunflower Seeds, Sesame Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
<u>Misc.</u>			Tofu, Homemade Pickles, Sea Salt, Spices, Human Milk	Margarine, Lard, Commercial Pickles	Jam, Ketchup, Mayo, Mustard, Vinegar	Chocolate, Drugs, Alcohol, Cigarettes, Refind Salt

Top 6 Most Alkaline Snacks

Almonds, Sprouts, Raw Carrots, Seed Mix, Raw Soup, *PuraGreen* Drink

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