

# ACID AND ALKALINE

## Charts and Information



## RECOMMENDED ALKALINE FOOD AND LIFESTYLE

Fruits	Berries	Melons	Vegetables	Proteins/Others	Experiences
<p><b>~Acid~</b></p> <p>Lemons Oranges Grapefruit (ripe only!)</p> <p><b>~Sub Acid~</b></p> <p>Grapes Cherries Mangoes Apples Pears Most Tropicals</p> <p><b>~Sweet~</b></p> <p>Bananas Dates Figs Raisins</p>	<p>Blueberries Blackberries Strawberries Raspberries</p> <p><b>~Wild/Other~</b></p> <p>Salmonberries Gojiberries Incaberries Mulberries</p> <p><b>~Veggie Fruit~</b></p> <p>Cucumber Fresh Tomato Avocado</p>	<p>Watermelon Cantaloupe Honey Dew Papaya Persian Canary Crenshaw Casaba</p>	<p><b>~Greens~</b></p> <p>Beet Tops Kale/Collards Romaine Spring Mix Spinach</p> <p><b>~Other~</b></p> <p>Asparagus Beet Bulbs Carrots Celery Ginger/Garlic Peas</p>	<p>Coconut Water</p> <p><b>~In Moderation~</b></p> <p>Coconut Meat</p> <p><b>~Use Sparingly~</b></p> <p>Olive Oil Coconut Oil Grape Seed Oil Apple Cider Vin</p>	<p>Walking Swimming Yoga Sunlight Fresh Air Pleasure Laughter Rest Happiness Sleep Spirituality Peace of Mind</p>

## NOT RECOMMENDED ACID FOOD AND LIFESTYLE CHOICES

Foods	Activities	Emotions
Animal Products	Strenuous Exercise	Worry    Hate
Dairy Products, Raw & Pasteurized	Excessive Sunlight	Envy     Fear
Cooked Tomatoes		Gossip    Anger

pH 1.0	pH 2.0	pH 3.0	pH 4.0	pH 5.0	pH 6.0	pH 7.0	pH 8.0	pH 9.0
Battery Acid	Hydrochloride Chemotherapy	Cellular Waste	Estrogen Testosterone		Urine	Blood (7.4)	Cholesterol Seawater	Baking Soda