

The table below helps to identify various foods' pH-level. Each one is assigned a number which mirrors its approximate relative potential of alkalinity (+) or acidity (-) existent in one ounce (28.35g) of food. The higher the number, the better it is for you to eat.

<p style="text-align: center;">Healthy Alkaline Foods - Eat lots of them!</p>	<p style="text-align: center;">Foods you should only consume moderately</p>	<p style="text-align: center;">Unhealthy Acidic Foods - Try to avoid them!</p>
<p>Vegetables</p> <p>Alfalfa Grass +29.3</p> <p>Asparagus +1.3</p> <p>Barley Grass +28.1</p> <p>Broccoli +14.4</p> <p>Brussels Sprouts +0.5</p> <p>Cabbage Lettuce, Fresh +14.1</p> <p>Cauliflower +3.1</p> <p>Cayenne Pepper +18.8</p> <p>Celery +13.3</p> <p>Chives +8.3</p> <p>Comfrey +1.5</p> <p>Cucumber, Fresh +31.5</p> <p>Dandelion +22.7</p> <p>Dog Grass +22.6</p> <p>Endive, Fresh +14.5</p> <p>French Cut Green Beans +11.2</p> <p>Garlic +13.2</p> <p>Green Cabbage December Harvest +4.0</p> <p>Green Cabbage, March Harvest +2.0</p> <p>Kamut Grass +27.6</p> <p>Lamb's Lettuce +4.8</p> <p>Leeks (Bulbs) +7.2</p> <p>Lettuce +2.2</p> <p>Onion +3.0</p> <p>Peas, Fresh +5.1</p> <p>Peas, Ripe +0.5</p> <p>Red Cabbage +6.3</p> <p>Rhubarb Stalks +6.3</p> <p>Savoy Cabbage +4.5</p> <p>Shave Grass +21.7</p> <p>Sorrel +11.5</p> <p>Soy Sprouts +29.5</p>	<p>Fruits</p> <p>(In Season, For Cleansing Only Or With Moderation)</p> <p>Apples -8,5</p> <p>Apricot -9.5</p> <p>Banana, Ripe -10.1</p> <p>Bananna, Unripe +4.8</p> <p>Black Currant -6.1</p> <p>Blueberry -5.3</p> <p>Cantaloupe -2.5</p> <p>Cherry, Sour +3.5</p> <p>Cherry, Sweet -3.6</p> <p>Coconut, Fresh +0.5</p> <p>Cranberry -7.0</p> <p>Currant -8.2</p> <p>Date -4.7</p> <p>Fig Juice Powder -2.4</p> <p>Gooseberry, Ripe -7.7</p> <p>Grape, Ripe -7.6</p> <p>Grapefruit -1.7</p> <p>Italian Plum -4.9</p> <p>Mandarin Orange -11.5</p> <p>Mango -8.7</p> <p>Orange -9.2</p> <p>Papaya -9.4</p> <p>Peach -9.7</p> <p>Pear -9.9</p> <p>Pineapple -12.6</p> <p>Raspberry -5.1</p> <p>Red Currant -2.4</p> <p>Rose Hips -15.5</p> <p>Strawberry -5.4</p> <p>Tangerine -8.5</p> <p>Watermelon -1.0</p> <p>Yellow Plum -4.9</p>	<p>Meat, Poultry, And Fish</p> <p>Beef -34.5</p> <p>Chicken (to -22) -18.0</p> <p>Eggs (to -22)</p> <p>Liver -3.0</p> <p>Ocean Fish -20.0</p> <p>Organ Meats -3.0</p> <p>Oysters -5.0</p> <p>Pork -38.0</p> <p>Veal -35.0</p> <p>Milk And Milk Products</p> <p>Buttermilk +1.3</p> <p>Cream -3.9</p> <p>Hard Cheese -18.1</p> <p>Homogenized Milk -1.0</p> <p>Quark -17.3</p> <p>Bread, Biscuits (Stored Grains/Risen Dough)</p> <p>Rye Bread -2.5</p> <p>White Biscuit -6.5</p> <p>White Bread -10.0</p> <p>Whole-Grain Bread -4.5</p> <p>Whole-Meal Bread -6.5</p> <p>Nuts</p> <p>Cashews -9.3</p> <p>Peanuts -12.8</p> <p>Pistachios -16.6</p> <p>Fats</p> <p>Butter -3.9</p>

Spinach (Other Than March) +13.1	Non-Stored Grains	Corn Oil -6.5
Spinach, March Harvest +8.0	Brown Rice -12.5	Margarine -7.5
Sprouted Chia Seeds +28.5	Wheat -10.1	
Sprouted Radish Seeds +28.4	Nuts	Sweets
Straw Grass +21.4	Hazelnuts -2.0	Artificial Sweeteners -26.5
Watercress +7.7	Macadamia Nuts -3.2	Barley Malt Syrup -9.3
Wheat Grass +33.8	Walnuts -8.0	Beet Sugar -15.1
White Cabbage +3.3		Brown Rice Syrup -8.7
Zucchini +5.7	Fish	Chocolate -24.6
	Fresh Water Fish -11.8	Dr. Bronner's Barley
Root Vegetables		Dried Sugar Cane Juice -18.0
Beet +11.3	Fats	Fructose -9.5
Carrot +9.5	Coconut Milk -1.5	Honey -7.6
Horseradish +6.8	Sunflower Oil -6.7	Malt Sweetener -9.8
Kohlrabi +5.1		Milk Sugar -9.4
Potatoes +2.0		Molasses -14.6
Red Radish +16.7		Turbinado Sugar -9.5
Rutabaga +3.1		White Sugar -17.6
Summer Black Radish +39.4		Condiments
Turnip +8.0		Ketchup -12.4
White Radish (Spring) +3.1		Mayonaise -12.5
		Mustard -19.2
Fruits		Soy Sauce -36.2
Avocado (Protein) +15.6		Vinegar -39.4
Fresh Lemon +9.9		Beverages
Limes +8.2		Beer -26.8
Tomato +13.6		Coffee -25.1
		Fruit Juice Sweetened
Non-Stored Organic Grains And Legumes		Fruit Juice, Packaged, Natural -8.7
Buckwheat Groats +0.5		Liquor -38.7
Granulated Soy (Cooked Ground Soy Beans) +12.8		Tea (Black) -27.1
Lentils +0.6		Wine -16.4
Lima Beans +12.0		Miscellaneous
Quinoa +		Canned Foods
Soy Flour +2.5		Microwaved Foods
Soy Lecithin (Pure) +38.0		Processed Foods
Soy Nuts (soaked Soy Beans, Then Air Dried) +26.5		

Soybeans, Fresh +12.0		
Spelt +0.5		
Tofu +3.2		
White Beans (Navy Beans) +12.1		
Nuts		
Almonds +3.6		
Brazil Nuts +0.5		
Seeds		
Caraway Seeds +2.3		
Cumin Seeds +1.1		
Fennel Seeds +1.3		
Flax Seeds +1.3		
Pumpkin Seeds +5.6		
Sesame Seeds +0.5		
Sunflower Seeds +5.4		
Wheat Kernel +11.4		
Fats (Fresh, Cold- Pressed Oils)		
Borage Oil +3.2		
Evening Primrose Oil +4.1		
Flax Seed Oil +3.5		
Marine Lipids +4.7		
Olive Oil +1.0		