

It is **recommended that our diets should consist of 80% alkaline and 20% acidic foods** with no or very little processed food, meats, dairy, milk, yogurt, soy isolates, etc. A reasonable proportion of fats, protein, and carbohydrates is just common sense. Less important than the proportion of fats, protein, and carbohydrates is the form in which each is presented. Digestible or indigestible? Natural or processed? Raw or cooked? Sprayed or organic? Will it Cleanse or clog the body? Is it with or without enzymes? These are the real issues that determine the value of a food. These are the questions we should be asking.

<http://www.spiritouch.com> "pHChart"

Alkalinity				Acidity				
High	Medium		Low	Categories	Low	Medium		High
Baking Soda Ginseng Salt Umeboshi	Spices Grain Beverages Mineral Water Soy Sauce Sea Salt Olive Oil	Apple Cider Vinegar Mu Tea Sake Fruit Wine Green Tea Umeboshi Vinegar	Sulfite Algae Sucanat Molasses	Miscellaneous Items	Maple Syrup All Syrups Honey Coffee Brown Rice Vinegar Balsamic Vinegar	Benzoate Tapioca Alcohol Black Tea	Hops/Malt Yeast Psychotropic(stimulants, antidepressants, and neuroleptics) Antibiotics - Saccharin	Pudding All Sugars Cocoa White Vinegar Jams/Jellies
				Dairy Processed Beef Goat Sheep	Cream (cow)	Aged Cheese Goats Milk Yogurt	Casein 30-day Cheese Soy Milk	Processed Cheese Goat Cheese Sheep Cheese Milk/ Ice Cream
				Fish Meat Fowl Game Shell Fish Mollusks	Gelatin/Organ Meats Wild Duck Wild Venison Fish Crab	Herring Lamb Goose Turkey Shell Fish Mollusks	Veal Pork Chicken Pickled Herring Crustaceans Eel	All Meat / Fish Carp Lobster Oyster
Wakame (seaweed) Pumpkin Seeds Burdock Curry Lotus	<u>Sprouts</u> Cinnamon Chestnut (soaked) Pepper Ginger	Primrose Sesame Seeds Almonds (soaked) Walnuts (soaked) Pecans (soaked)	Avocado Oil Linseed Oil Coconut Oil Olive Oil Seeds (soaked)	Nuts Seeds Oils Roots	Sesame Oil (un-soaked) Grape Seed Oil Sunflower Seed Oil Pine Nuts (un-soaked) Canola Oil	Almond Oil Sesame Oil Cashew Oil Tofu	Pistachios Chestnuts Lard Pecans (un-soaked)	Cotton Seeds Hazelnuts Walnuts(un-soaked) Brazil Nuts Hydrogenated Oils
		Corn Sprouted Grains	Oats (soaked) Millet (sprouted) Wheat(sprouted) Rye (sprouted)	Grains Cereals Grasses	Triticale Millet Kasha Amaranth Brown Rice	Buck Wheat Wheat Semolina Farina White Rice	Maize Oats Corn Rye	Barley Bread
Lentils Yam Nori Onion Daikon Brassica (Brocco Sprouts) Sweet Potato	Kohlrabi Parsnip Garlic Kale Endive Mustard Greens Taro Broccoli	Fungi Mushrooms Cauliflower Rutabaga Salsify Nightshade Pumpkin Meat Collards Greens	Brussels Sprouts Beets Chives Okra Turnip Greens Squash Lettuce Ginger	Vegetables Legumes Pulses Beans Spices	Spinach Fava Beans Kidney Beans String / Wax Beans Curry Chutney	Tofu Pinto Beans White Beans Navy / Red Beans Azuki Beans Lima Beans Chard	Green Peas Peanuts Snow Peas Chick Peas Carrots Legumes Nutmeg	Soy Beans Carob
Nectarine Persimmon Raspberry Watermelon Coconut Figs Melons	Cantaloupe Honey Dew Citrus Fruit Olives Dewberry Huckleberries Mangoes Plums	Pear Pineapple Apple Blackberry Cherries Peaches Papaya Avocado	Apricot Banana Blueberry Currants Raisins Grapes Dates Creole Tomato	Fruits	Guava Pickled Fruit Pineapple Figs Persimmons	Plums Prunes Rhubarbs Tomatoes	Cranberry Pomegranate Strawberries	Sour Fruit