





# Food pH Chart, Alkalinity/Acidity



pH 0 – 6 High Acidity	pH 6.0 – 6.8 Moderate Acidity	pH 6.8 – 7.0 Low Acidity	pH 7 – 7.2 Low Alkalinity	pH 7.2 – 7.45 Moderate Alkalinity	pH 7.45 – 14 High Alkalinity
 <p>Artificial sweeteners, pudding, jam, jelly, idozied salt, wine, beer, yeast, hops, malt, sugar, cocoa/chocolate, white vinegar, fermented foods, yogurt, processed cheese, ice cream, beef, lobster, barley, cottonseed oil, hazelnuts, walnuts, soybeans, packaged sauces and dressings, soft drinks, tap water, canned food, white bread, pasterized juice</p>	 <p>Nutmeg, coffee, milk protein, cottage cheese, soy milk, pork, veal, mussels, squid, chicken, maize, barley, groats, buckwheat, rye, oats, oat bran, corn, lard, pecans, green peas, peanuts, snow peas, corn, legumes, garbanzo beans, cranberry, pomegranate, frozen food, rice, wheat, brown bread, wild rice, casein, durian</p>	 <p>Vanilla, black tea, coconut &amp; almond milk, pistachios, pecans, balsamic vinegar, jackfruit, turkey, spelt, kamut, farina, semolina, white &amp; brown rice, kamut, tapioca, seitan, tofu, chard, plums, prunes, tomatoes, cod liver, sesame &amp; sunflower oils, Apple Cider Vinegar, coconut water &amp; meat, olives, cauliflower, brussel sprouts, stevia</p>	 <p>Most herbs, ginseng, green &amp; mu tea, rice syrup, sake, quail eggs, flax/chia/ sesame/ hemp/ sunflower seeds, primrose oil, cod liver oil, almonds, sprouts, potato, mushrooms, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard greens, pear, avocado, sour apples, blackberrys, cherries, peaches, pears, papaya, broccoli.</p>	 <p>Sweet apples, alfalfa sprouts, sprouts, apricots, ripe bananas, currants, dates, garlic, grapefruit, grape, guava, lettuce, nectarine, peas, fresh beans, leeks, coconut oil, asparagus, artichokes, kale, zucchini, black currants, berries, kiwi, beets, carob, celery, cucumbers, breast milk, maple syrup, rice syrup, almonds, beans, carrots, bell pepper</p>	 <p>Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, sea vegetables, onions, sweet potatoes, limes, lemons, oranges, persimmons, spirulina, raspberries, blackberries, blueberries, watermelon, tangerines, and pineapple, greens, ginger, cantaloupe, honeydew, dewberry, mango, cold-pressed juice, olive oil</p>