

ANDERSON SPECIFIC CHIROPRACTIC

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Alkaline and Acidic Foods

...ALKALINE FOODS...	...ACIDIC FOODS...
ALKALIZING VEGETABLES Alfalfa Barley Grass Beet Greens Beets Broccoli Cabbage Carrot Cauliflower Celery Chard Greens Chlorella Collard Greens Cucumber Dandelions Dulce Edible Flowers Eggplant Fermented Veggies Garlic Green Beans Green Peas Kale Kohlrabi Lettuce Mushrooms Mustard Greens Nightshade Veggies Onions Parsnips (high glycemic) Peas Peppers Pumpkin Radishes Rutabaga Sea Veggies Spinach, green	ACIDIFYING VEGETABLES Corn Lentils Olives Winter Squash ACIDIFYING FRUITS Blueberries Canned or Glazed Fruits Cranberries Currants Plums** Prunes** ACIDIFYING GRAINS, GRAIN PRODUCTS Amaranth Barley Bran, oat Bran, wheat Bread Corn Cornstarch Crackers, soda Flour, wheat Flour, white Hemp Seed Flour Kamut Macaroni Noodles Oatmeal Oats (rolled) Quinoa Rice (all) Rice Cakes Rye Spaghetti

Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb

Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels

Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)
Miso
Mustard
Sea Salt
Tamari

ALKALIZING OTHER

Alkaline Antioxidant Water
Apple Cider Vinegar
Bee Pollen
Fresh Fruit Juice
Green Juices
Lecithin Granules
Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Veggie Juices

ALKALIZING MINERALS

Calcium: pH 12
Cesium: pH 14
Magnesium: pH 9

Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Avacado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Mustard
Pepper

Potassium: pH 14
Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

Soft Drinks
Vinegar

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5
Coca-Cola: pH 2
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.