

This acid/alkaline food chart is from .....

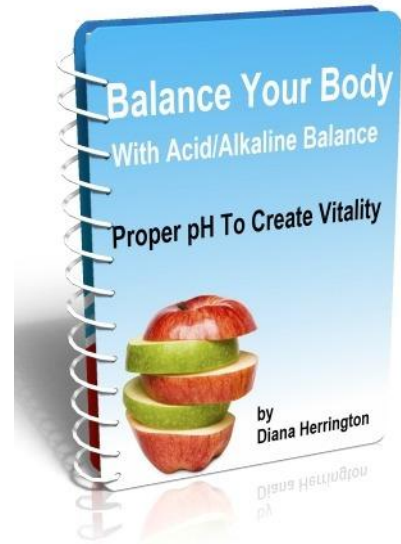
## **Balance Your Body Mini E-book**

### **Create the correct Acid/Alkaline Balance for a Body Full of Vitality**

- Contains full description of the acid/alkaline balance and understanding.
- Contains colour food charts of most alkaline to most acid forming foods to print and put on your fridge for easy reference.
- Contains explanation of key foods to add to your diet and simple delicious recipes.

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To order this book go to: <http://realfoodforlife.com/books-and-audio/balance-your-body-mini-e-book/>

## ACID / ALKALINE FORMING FOODS

MOST ACID	LOWEST ACID	FOOD CATEGORY	LOWEST ALKALINE	MOST ALKALINE
Peanuts, Chick-peas	White Asparagus, Most Beans (Kidney, Navy, Red, Aduki, Lima, Garbanzo Mung, Fava, Pinto, White) String/Wax Beans, Zucchini, Split pea, Tempeh, Lentils, Chutney, Popcorn, Potatoes Peeled	<b>Beans</b> <b>Vegetables</b> <b>Legumes</b> <b>Pulses</b> <b>Roots</b>	Brussel sprouts, Beets, Chives, Peas, Cilantro, Jicama, Kohlrabi, Cabbage, Okra, Mushroom, Carrots, Potato with skin, Squashes, Collards, Parsnip, Ice berg Lettuce, Pumpkin, Fresh Soy Beans, Eggplant, Artichokes, Sweet Corn, Cauliflower, Green Asparagus, Cucumber	Seaweed, Wheat Grass, Swiss Chard, Spinach, Dandelion Greens, Taro, Onion, Miso, Daikon, Celery, Burdock, Sweet potato, Yam, Lotus root, Garlic, Endive, Kale, Parsley, Arugula, Beets, Bell pepper, Broccoli, Turnip greens, Dark Green Lettuces
Cranberries, Sour Cherries, Jam, Jelly, Pomegranate	Blueberries, Cherimoya, Pickled fruit, Coconut, Plums, Prunes, Processed Fruit Juices, Green Bananas	<b>Fruits</b>	Bananas, Most Berries, Grapes, Currants, Dates, Gooseberry, Grapefruit, Guava, Nectarine, Peaches, Persimmon, Tomato, Avocado, Orange, Cherries, Rhubarb	Lemons, Watermelon, Lime, Umeboshi Plums, Cantaloupe, Melons, Figs, Raisins, Mango, Papaya, Kiwi fruit, Pears, Passion fruit, Apricots, Pineapple, Apples
White Rice, Rye, Pasta (white), Semolina, Wheat flour and bread, Pastries, Cakes	Kasha, Brown Rice, Spelt, Oats Buckwheat, Teff, Kamut, Farina, Tapioca, Triticale, Cornmeal, Barley	<b>Grains</b> <b>Cereal</b> <b>Grass</b>	Quinoa, Wild Rice, Japonica Rice, Amaranth, Sprouted grains	Millet
Hazelnuts, Walnuts, Pistachios, Brazil nuts	Pine nuts, Pecans, Cashews, Peanut Butter, Tahini	<b>Nuts</b> <b>Seeds</b> <b>Sprouts</b>	Almonds, Seeds (most), Sprouts, Sesame Seeds, Chestnuts	Pumpkin Seeds
Table salt refined and iodized	Spices (most), Ginseng, Gelatin, Nutmeg	<b>Spices / Herbs</b>	All herbs, Vanilla, Cinnamon, Ginger Fresh	Baking Soda, Cayenne, Agar Agar, Chili Pepper Sea Salt, Soy Sauce

Lard, Hydrogenated Palm, Chestnut, Cottonseed, Olive (processed), Fried Foods	Pumpkin seed, Grape seed, Sunflower, Canola, Almond, Sesame, Safflower	Oils	Only Cold Pressed Oils: Avocado, Coconut, Linseed, Primrose, Cod Liver, Olive, Flax Seed	
Beer, Alcohol, Soft Drinks, Coffee, Black Tea, Processed Fruit Juices Sweetened	Sake, Cocoa, Processed Fruit Juices Unsweetened	Beverages	Kambucha, Grain Coffee, Green Tea, Mu tea, Fresh Fruit Juices	Fresh Lemon Water, Mineral Water, Fresh Vegetable Juices, Herb Teas
White Acid Vinegar	Rice Vinegar, Balsamic Vinegar	Vinegars	Umeboshi Vinegar, Apple Cider Vinegar	Fresh Lemon Juice
All Artificial Sweeteners, Brown & White Sugar, Molasses, Maple Syrup	Carob, Honey Pasteurized, Unsulfured Molasses	Sweeteners	Raw Honey, Raw Sugar, Rice Syrup	Stevia
Mussels, Squid, Lobster	Fish, Shell Fish, Mollusks	Fish / Shell Fish		
Beef, Goat, Pork, Chicken, Deer, Veal, Rabbit, Pheasant, Bear, Lobster	Wild Duck, Goose, Turkey, Lamb, Organs, Venison, Boar, Elk, Turkey	Fowl, Meats, Game		
Antibiotics, Psychotropics	Antihistamines, Most prescription medications	Therapeutics	Algae blue-green	Umeboshi Plums
Table Salt	MSG, Benzoate	Preservatives	Sulfite	
Processed Cheese, Cottage cheese, Ice Cream, Homogenized Milk	Cream, Butter, Cow Milk, Yogurt sweetened, Aged Cheese, Goats	Milk Cow / Breast Milk	Ghee (clarified butter), Butter milk, Yogurt unsweetened	Breast Milk
	Rice Milk, Soy Cheese, Tempeh, Almond Milk Processed	Non-Diary	Almond Milk Freshly Made, Tofu, Soy Milk	
	Chicken Eggs	Eggs	Duck Eggs, Quail Eggs	

**Note:** Do print this chart and put it on your fridge for easy reference. From my extensive research I found there was conflicting information on what are acid foods and alkaline foods. So take this chart as a general guide which will be updated when I learn more. This chart is not a conclusive list of ALL foods; two pages are long enough.