

ACID / ALKALINE CHART

The principle of eating foods that will heal is to obtain a balance of 20 percent acid to 80 percent alkaline or a ratio of one acid to five alkaline foods.

The most common vegetables are all high alkaline unless otherwise listed here.

HIGH ACID	LOW ACID	NEUTRAL	ALKALINE	HI-ALKALINE
Beef	Lamb	Yogurt	Kefir	Amaranth
Veal	Chicken	Butter	Brown Rice	Jer. Artichoke
Pork	Turkey	Miso	Apple	Millet
Ham	Goose		Apricot	Quinoa
Bacon	Duck		Banana	Almonds
Cheese	Cornish Hen		Blueberry	Seaweed
Cottage Cheese	Salmon		Cantaloupe	Artichoke
Ricotta Cheese	White Fish		Fig (fresh)	Asparagus
Goat Milk	Eggs		Grapes	Beets & greens
Cow Milk	Beans		Honeydew	Broccoli
Shellfish	Tofu		Kiwi	Brussel Sprouts
Wheat	Tofu cheese		Lemon	Cabbage
Corn	Rice cheese		Lime	Carrot
Corn Meal	Barley		Mango	Cauliflower
Corn Starch	Buckwheat		Papaya	Celery
Spelt	Kamut		Peach	Collards
*Tomatoes	Oats		Pear	Cucumber
*Oranges	White Rice		Plum	Daikon
*Grapefruit	Rye		Pomegranate	Dandelion Green
Pineapple	Mushrooms		Raspberry	Endive
Liquor	Prunes		Strawberry	Escarole
Sugar	Raisins		Watermelon	Garlic
Coffee	Tangerines		Bamboo Shoots	Kale
Black Tea			Bok Choy	Kohlrabi
			Eggplant	Leeks
			Okra	Lettuce
			Parsnip	Onion
			Peppers	Parsley
			Radish	Potatoes
			Rhubarb	Pumpkin
			Spinach	Squash

			Swiss Chard	Sweet Potato
			Water Chestnut	Turnip
			Arrowroot	Watercress
			Kuzu	Ginger

*grapefruit, oranges, tomatoes are technically not acid based on the acid /alkaline principle but we have put them under high acid due to the adverse effects they have on candida.

ILLNESS ELIMINATION Through Diet

"Let your food be your medicine and your medicine be your food".

This was said by Hippocrates the Father of Medicine. See the articles below for detailed info on how to use food to heal your body rather than eating things that create an atmosphere for illness and candida overgrowth.

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