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Food "Ash" pH

The following is a list of common foods with an approximate, relative potential of acidity (-), or alkalinity(+), as present in one ounce of food.

Foods You Can Eat Freely

| | | | | | |
|------------------------|--------|---------------------------|--------|--|-----------|
| Vegetables . | | Dandelion | +22.7 | Tofu | +3.2 |
| Brussels sprouts | +0.5 | Kamut grass | +27.6 | Lima beans | +12.0 |
| Peas, ripe | +0.5 | Barley grass | +28.7 | Soybeans, fresh | +12.0 |
| Asparagus | +1.1 | Soy sprouts | +29.5 | White/navy beans | +12.1 |
| Artichokes | +1.3 | Sprouted radish seeds | +28.4 | Granulated soy | + 12.8 |
| Comfrey | +1.5 | Sprouted chia seeds | +28.5 | Soy nuts (soaked soy beans, then air dried) | + 26.5 |
| Green cabbage, March | +2.0 | Alfalfa grass | +29.3 | Soy lecithin, pure | + 38.0 |
| Lettuce | +2.2 | Cucumber, fresh | + 31.5 | | |
| Onion | +3.0 | Wheat Grass | + 33.8 | Nuts | |
| Cauliflower | +3.1 | | | Almonds | +3.6 |
| White cabbage | +3.3 | Root Vegetables | | Brazil Nuts | -0.5 |
| Green cabbage, Dec. | +4.0 | White radish (spring) | +3.1 | | |
| Savoy cabbage | +4.5 | Rutabaga | +3.1 | Seeds | |
| Lamb's lettuce | +4.8 | Kohlrabi | +5.1 | Wheat kernel | -11.4 |
| | | | | Pumpkin seeds | -5.6 |
| Peas, fresh | +5.1 | Horseradish | +6.8 | Sunflower seeds | -5.4 |
| Zucchini | +5.7 | Turnip | +8.0 | Flax seeds | -1.3 |
| Red cabbage | +6.3 | Carrot | +9.5 | Sesame seeds | +0.5 |
| Rhubarb stalks | +6.3 | Fresh red beet | + 11.3 | Cumin seeds | +1.1 |
| Leeks (bulbs) | +7.2 | Red radish | + 16.7 | Fennel seeds | +1.3 |
| Watercress | +7.7 | Summer black radish | +39.4 | Caraway seeds | +2.3 |
| Spinach, March harvest | +8.0 | | | Fats (Fresh, Cold-Pressed Oils) | |
| Chives | +8.3 | Fruits | | Olive oil | +1.0 |
| French cut beans | +11.2 | Limes | +8.2 | Borage oil | +3.2 |
| Sorrel | +11.5 | Fresh lemon | +9.9 | Flax seed oil | +3.5 |
| Spinach-other than Mar | +13.1 | Tomato | +13.6 | Evening primrose oil | +4.1 |
| Garlic | +13.2 | Avocado (protein) | +15.6 | Marine Lipids | +4.7 |
| Celery | +13.3 | | | | |
| Cabbage lettuce, fresh | + 14.1 | Non-Stored Organic | | Water | |
| Endive, fresh | + 14.5 | Grains and Legumes | | Distilled water | (neutral) |
| Cayenne pepper | +18.8 | Buckwheat groats | +0.5 | Coconut water | +9.04 |
| Straw grass | +21.4 | Spelt | +0.5 | | |
| Shave grass | + 21.7 | Lentils | +0.6 | | |
| Doggrass | +22.6 | Soyflour | +2.5 | | |

Foods You Can Eat Sparingly

| | | | | | |
|---|-------|------------------|------|--------------------------|-------|
| Fish | | Currant | -8.2 | Coconut, fresh | +0.5 |
| Fresh water fish | -11.8 | Gooseberry, ripe | -7.7 | Cherry, sour | +3.5 |
| | | Grape, ripe | -7.6 | Banana, unripe | +4.8 |
| Fruits | | Cranberry | -7.0 | | |
| (In Season, for Cleansing only, or in real Moderation) | | Black currant | -6.1 | Non-Stored Grains | |
| Rose hips | -15.5 | Strawberry | -5.4 | Brown rice | -12.5 |
| Pineapple | -12.6 | Blueberry | -5.3 | Wheat | -10.1 |
| Mandarin orange | -11.5 | Raspberry | -5.1 | | |
| Banana, ripe | -10.1 | Yellow plum | -4.9 | Nuts | |
| Pear | -9.9 | Italian plum | -4.9 | Walnuts | -8.0 |
| Peach | -9.7 | Date | -4.1 | Macadamia Nuts | -3.2 |
| Apricot | -9.5 | Cherry, sweet | -3.6 | Hazelnuts | -2.0 |
| Papaya | -9.4 | Cantaloupe | -2.5 | | |
| Orange | -9.2 | Red currant | -2.4 | Fats | |
| Mango | -8.7 | fig juice powder | -2.4 | Sunflower oil | -6.7 |
| Tangerine | -8.5 | Grapefruit | -1.7 | Coconut Milk | -1.5 |
| | | Watermelon | -1.0 | | |

Acidic Foods To Minimize or Phase Out

| | | | | | |
|-------------------------------|-------|-----------------------|-------|------------------------|----------------|
| Root Vegetables | | White biscuit | -6.5 | Turbinado sugar | -9.5 |
| Stored potatoes | +2.0 | Whole-meal bread | -6.5 | Brown rice syrup | -8.7 |
| | | Whole-grain bread | -4.5 | Honey | -7.6 |
| Meat, Poultry and Fish | | Rye bread | -2.5 | | |
| Pork | -38.0 | | | Condiments | |
| Veal | -35.0 | Nuts | | Ketchup | -12.4 |
| Beef | -34.5 | Pistachios | -16.6 | Mayonnaise | -12.5 |
| Ocean fish | -20.0 | Peanuts | -12.8 | Mustard | -19.2 |
| Chicken | -18.0 | Cashews | -9.3 | Soy sauce | -36.2 |
| to -22.0 | | | | Vinegar | -39.4 |
| Eggs | -18.0 | Fats | | | |
| to -22.0 | | Margarine | -7.5 | Beverages | |
| Oysters | --5.0 | Corn oil | -6.5 | Liquor | -28.6 to -38.1 |
| Liver | -3.0 | Butter | -3.9 | | |
| Organ meats | -3.0 | | | Wine | -16.4 |
| | | Sweets | | Beer | -26.8 |
| Milk and Milk Products | | Artificial sweeteners | -26.5 | Coffee | -25.1 |
| Hard cheese | -18.1 | Chocolate | -24.6 | Fruit juice, packaged, | -8.7 |
| Quark | -17.3 | Refined cane sugar | -17.6 | Fruit juice- sweetened | -33.4 |
| Cream | -3.9 | Beet sugar | -15.1 | | |
| Homogenized Milk | -1.0 | Molasses | -14.6 | Black Tea | -27.1 |
| Buttermilk | -1.3 | Barley Malt Sweetener | -9.8 | | |
| | | Sugar cane (Sucariat) | -9.6 | Miscellaneous | |
| Bread, Biscuits | | Barley malt syrup | -9.3 | Canned Foods | |
| (Stored Grains/Risen Dough) | | Fructose | -9.5 | Processed Foods | |
| White bread | -10.0 | Milk sugar | -9.4 | Microwaved Food | |