

Acid-Alkaline Chart

Information provided by Norma Whitney

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ELIMINATE FROM DIET

REPLACE WITH

Red meat - beef and pork-----	Fish, turkey, chicken - baked broiled or roasted
White sugar-----	Honey, maple syrup
White bread-----	Fresh rye, stone-ground whole wheat flour
Prepared cereals-----	Cooked whole grains
“Dead” foods - processed or canned-----	Fresh foods, raw or lightly steamed 60%
Fluid with meals-----	Fluids 30 minutes before or after meals
Iced beverages with meals-----	Room temperature beverages if taken with meals
Sodas, coffee, black tea, alcohol-----	Herb teas, fruit or vegetable Juices
Table salt, black pepper-----	Vegetable seasoning, kelp, capsicum
Cow’s milk products, pasteurized-----	Goat’s milk products, raw, tofu milk
Head lettuce-----	Leaf lettuce (dark green)
Preservatives-----	Foods that spoil
Fried foods-----	Raw or lightly steamed foods
Tap water-----	Reverse osmosis water - or distilled
Foods containing hydrogenated oils-----	Foods containing natural oils

Diet should be 80% alkaline and 20% acid - see chart.

To increase the nutritional value of the food you eat and the supplements you take; it is highly recommended to add vegetable enzymes, i.e., **MASTERZYME OR COOLZYME** to your diet, especially if you eat cooked foods.

*SOME FOOD ITEMS REVERSE WHEN DIGESTION IS PERFECT (Example: Ripe Oranges become Alkaline).

****EAT MELONS ALONE OR LEAVE THEM ALONE****

Melons, a very rich food in all minerals and trace minerals, eaten alone as a whole meal, are the easiest food to digest and assimilate of any. Do not mix any other food with melons.

**1. Vegetable
(Alkaline)**

Artichokes
Asparagus
Avocados
Bamboo Shoots
Beans (String)
Beans (Wax)
Beans, Lima (Dried or Fresh)
Beets
Bread, Soy Bean
Cabbage (Red)
Carrots
Celery
Chard
Chives
Corn
Cucumbers
Endive
Garlic
Herbs (All)
Horseradish
Kale
Kohlrabi
Leeks
Lettuce (Leaf)
Okra
Onions(Some)
Oyster Plant
Parsley
Parsnips
Peas (Fresh)
Peppers (Red)
Pimento
Potatoes (Red)
Potatoes (Sweet)
Pumpkin
Rutabagas
Sauerkraut
Soy Bean
Spinach (Raw)
Sprouts (All)
Squash (All kinds-summer)
Tomatoes (Yellow)
Vegetable Oyster
Watercress
Yams

**2. Vegetable
(Acids)**
Brussel Sprouts
BroccoliCauliflower
Cabbage
Egg Plant
Lettuce (Head)
Mushroom (Fungus)
Potatoes (Not Red)
Radishes
Spinach (Cooked)
Tomatoes
Turnips

**3. Nuts Raw
(Alkaline)**

Cashew
Macadamia
Pecan

**4. Fruits
(Alkaline)**

Apples (Yellow Delicious)
Apricots
Berries (All Dark)
Cherries (Bing)
Grapefruit (Pink)
Grapes (Flame & Concord)
Kumquats
Lemons(Tree Ripened)
Mango
Kiwi
Logan Berries
Loquats
Lemon (Ripe)
**Melons (All Kinds)
Papaya
Passion Fruit
Peaches (One Variety)
Pears (Bosc-Japanese)

**5. Fruits
(Acids)**

Apple (Red & Green)
Bananas
Berries
Cherries (Light)
Coconut

Currants
Cranberries
Dates
Figs
Grapefruit (White)
Limes
Lemons (Picked Green)
Nectarines
Olives
*Oranges
Peaches (Most)
Pears (Bartlett)
Persimmons
Pineapple
Plums
Prunes
Pomegranate
Prunes
Raisins
Raspberries
Rhubarb
Quince
Strawberries
Tangerines

**6. Starches & Sugar
(Alkaline)**

Beans (Pinto)
Carob
Corn Bread (Yellow)
Corn Meal (Yellow)
Corn Meal Cereal
Cornstarch
Crackers (Whole grain)
Hominy
Soybeans (Bread/dried)
Spaghetti (Egg Noodle)
Popcorn (Yellow)
Maple Syrup (100% Pure)
Pancake (Alkaline Flour)
Pastries (Alkaline Flour)
Peas (Dried Green)
Rice-Brown, Organic, Short grain
Vegetable Pasta

7. Nuts Raw (Acid)

Almonds
 Hickory
 Pine
 Pistachio
 Walnuts (Black & English)

8. Starches & Sugar (Acid)

Banana Squash
 Barley
 Bran
 Bread (Graham)
 Bread (Rye)
 Bread (White)
 Bread (Whole Wheat)
 Cereals (All kinds packaged)
 Cornmeal (White)
 Crackers (White)
 Doughnuts
 Dressings
 Dry Beans (Most)
 Dry Peas (Yellow)
 Dumplings (White)
 Flour (List)
 Gravies (Most Kinds)
 Honey
 Hubbard Squash
 Jelly (All Kinds)
 Jerusalem Artichokes
 Molasses
 Pancakes (White)
 Pastries (White)
 Peanuts
 Peas (Dried White)
 Potatoes (Brown Skin)
 Preserves (White Sugar)
 Puddings
 Pumpkin
 Rice (White/Wild/Long grain
 Brown Rice)
 Rye Soups (Thick)
 Spaghetti (White)
 Sugar (All kinds)
 Syrups (White Sugar)
 Tapioca
 Waffles (White)
 Wheat

9. Flour List (Alkaline)

Artichoke
 Chick Pea
 Durham Flour
 Masa Harina
 Millet
 Oat
 Rye
 Semolina
 Soy

10. Flour List (Acid)

Brown Rice
 Buckwheat
 Barley
 Gluten Potato
 Wheat (Whole)

11. Proteins (Alkaline)

Avocados (Ripe)
 Beans (Pinto)
 Buttermilk
 Catfish (Farm)
 Clams
 Cheese (White)
 Cornish Hen
 Duck
 Fish (White)
 Goat Milk (Raw)
 Lamb
 Nuts
 Rabbit
 Raw Milk
 Seeds (Sprouted All)
 Turtle
 Yogurt Plain

12. Proteins (Acid)

Avocados (Hard)
 Cashews
 Catfish

Cheese (Yellow)
 Cottage Cheese
 Crabs
 Buck (Wild)
 Eggs
 Fish (Pink)
 Hazel Nits
 Hickory Nuts
 Lentils
 Lobster
 Meats (Beef/Pork/Veal)
 Mutton
 Olives (Green)
 Oysters
 Peanut (Legume)
 Peanut Butter
 Pine Nuts
 Pistachio Nuts
 Poultry (Chicken)
 Turkey (Dark Meat)
 Shrimp
 Scallops
 Squab
 Venison
 Milk (Low Protein)

13. Miscellaneous (Alkaline)

Butter (Sweet)
 Carob
 Chocolate Bitter
 Chlorophyll
 Herbal Beverage
 Herb Teas
 Olive Oil (Bertolli)
 Goji Juice
 Food for Life
 Life Source
 Metaba Shake

14. Miscellaneous (Acid)

Coffee
 Pepper
 Salt (Crude Table)

pH Progress Chart

Dr. Theodore Baroody~ Alkalize or Die, states the countless names of illnesses do not really matter. Same root cause... too much tissue acid waste. This causes inflammation, acid pH, source of all symptoms, disease and aging.

- Acidic~ Low pH below 7
- Alkaline~ High pH above 7
- Neutral pH of 7.0
- Urinary pH should fluctuate between 6.0-6.4 in AM, 6.4-7.0 in PM
- Saliva pH between 6.5-7.0 all day, body is functioning within healthy range
- Urine test~ Test mid stream urine, first thing AM
- Saliva~ AM, test before food/drink or brushing teeth
 - Make saliva in mouth, expel, use the 2nd batch, don't put tape in mouth
 - Test again after a meal, pH should increase
- Test, record pH for few weeks~ AM and PM
- Will fluctuate, can take up to 90 days to see improvement, diet most important
- Vegetables, green drinks and fiber are most important
- Balancing pH is true approach to prevention and wellness

Date/Time	I ate this.....	Saliva pH	Urine pH	I feel.....
AM				
PM				

*Information on this chart provided by Annette DiStefano
Presented by New Sun, Inc.*