Are You Eating Enough Alkaline Foods

This chart provides information that shows the contribution of various food substances to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

You may find it useful to check your pH using our Personal pH Test Kit in order to find out if your selection is providing the desired balance.

## Alkaline Acid Food Chart

This chart provides information that shows the contribution of various food substances to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

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### Alkalizing Foods

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>PROTEIN</th>
<th>SWEETENERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Mushroom</td>
<td>Apple</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Mustard Greens</td>
<td>Apricot</td>
<td>Tangerine</td>
</tr>
<tr>
<td>Barley Grass</td>
<td>Nightshade Veggies</td>
<td>Avocado</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Beets</td>
<td>Onions</td>
<td>Banana (high glycemic)</td>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Parsnips (high glycemic)</td>
<td>Blackberries</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Peas</td>
<td>Cantaloupe</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Peppers</td>
<td>Cherries</td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td>Pumpkin</td>
<td>Coconut, fresh</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Radish</td>
<td>Currents</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>Rutabaga</td>
<td>Dates/Figs</td>
<td></td>
</tr>
<tr>
<td>Chard</td>
<td>Sea Veggies</td>
<td>Goji</td>
<td></td>
</tr>
<tr>
<td>Chives</td>
<td>Spinach</td>
<td>Grapefruit</td>
<td></td>
</tr>
<tr>
<td>Chlorella</td>
<td>Spirulina</td>
<td>Grapes</td>
<td></td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Sprouts</td>
<td>Honeyed Melon</td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td>Squashes</td>
<td>Lemon</td>
<td></td>
</tr>
<tr>
<td>Dulce</td>
<td>Sweet Potato</td>
<td>Lime</td>
<td></td>
</tr>
<tr>
<td>Dandelions</td>
<td>Tomato</td>
<td>Musk melons</td>
<td></td>
</tr>
<tr>
<td>Edible Flowers</td>
<td>Turnips</td>
<td>Nectarine</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>Watercress</td>
<td>Orange</td>
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</tr>
<tr>
<td>Fermented Veggies</td>
<td>Wheat Grass</td>
<td>Peach</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>Wild Greens</td>
<td>Pear</td>
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</tr>
<tr>
<td>Green Beans</td>
<td>Zucchini</td>
<td>Pineapple</td>
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</tr>
<tr>
<td>Green Peas</td>
<td></td>
<td>Plums Umeboshi</td>
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</tr>
<tr>
<td>Kale</td>
<td></td>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td></td>
<td>Raspberries</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td>Rhubarb</td>
<td></td>
</tr>
</tbody>
</table>

### Fruits

- Apple
- Apricot
- Avocado
- Banana (high glycemic)
- Blackberries
- Cantaloupe
- Cherries
- Coconut, fresh
- Currents
- Dates/Figs
- Goji
- Grapefruit
- Grapes
- Honeyed Melon
- Lemon
- Lime
- Musk melons
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Plums Umeboshi
- Raisins
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Tomatoes
- Tropical Fruits
- Watermelon

### Protein

- Almonds
- Chestnuts
- Cottage Cheese
- Flax Seeds
- Millet
- Pumpkin Seeds
- Sprouted Seeds
- Squash Seeds
- Sunflower Seeds
- Tempeh (fermented)
- Tofu (fermented)
- Whey Protein Concentrate
- Yogurt

### Sweeteners

- Stevia

### Spices/Seasonings

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

### Oriental Vegetables

- Daikon
- Dandelion Root
- Kombu
- Maitake
- Nori
- Reishi
- Sea Veggies
- Shiitake
- Umeboshi
- Wakame

### Other

- Alkaline Antioxidant Water
- Apple Cider Vinegar
- Banchi Tea
- Bee Pollen
- Buttermilk
- Coconut Oil, raw
- Dandelion Tea
- Fresh Fruit Juices
- Ginseng Tea
- Green Juices
- Green Tea
- Herbal Tea
- Kombucha
- Lecithin Granules
- Mineral Water
- Molasses, blackstrap
- Organic Milk (unpasteurized)
- Probiotic Cultures
- Veggie Juices
Maintain Vital Health

People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.

**Acidifying Foods**

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>NUTS &amp; BUTTERS</th>
<th>PASTA</th>
<th>BEANS &amp; LEGUMES</th>
<th>DRUGS &amp; CHEMICALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>Brazil Nuts</td>
<td>Macaroni</td>
<td>Black Beans</td>
<td>Chemicals</td>
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<tr>
<td>Barley</td>
<td>Cashews</td>
<td>Noodles</td>
<td>Chick Peas</td>
<td>Drugs, Medicinal</td>
</tr>
<tr>
<td>Bread</td>
<td>Peanuts</td>
<td>Spaghetti</td>
<td>Green Peas</td>
<td>Drugs, Psychedelic</td>
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<tr>
<td>Buckwheat</td>
<td>Peanut Butter</td>
<td></td>
<td>Kidney Beans</td>
<td>Herbicides</td>
</tr>
<tr>
<td>Corn/Cornstarch</td>
<td>Pecans</td>
<td></td>
<td>Lentils</td>
<td>Pesticides</td>
</tr>
<tr>
<td>Crackers</td>
<td>Pistachios</td>
<td></td>
<td>Lima Beans</td>
<td>Tobacco</td>
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<tr>
<td>Flour</td>
<td>Tahini</td>
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<td>Pinto Beans</td>
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</tr>
<tr>
<td>Hemp Seed Flour</td>
<td>Walnuts</td>
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<td>Red Beans</td>
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<tr>
<td>Kamut</td>
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<td>Soy Beans</td>
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<tr>
<td>Oats (rolled)</td>
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<td>White Beans</td>
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<tr>
<td>Quinoa</td>
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<tr>
<td>Rice (all)</td>
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<td>Rice Cakes</td>
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<tr>
<td>Wheat</td>
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<tr>
<td>Wheat Germ</td>
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</tr>
</tbody>
</table>

**VEGETABLES**

- Corn
- Lentils
- Olives
- Potatoes
- Winter Squash

**FATS & OILS**

- Avocado Oil
- Canola Oil
- Corn Oil
- Hemp Seed Oil
- Flax Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

**FRUITS**

- Blueberries
- Canned or Glazed Fruits
- Cranberries
- Plums
- Prunes

**DAIRY**

- Butter
- Cheese, Cow
- Cheese, Goat
- Cheese, Processed
- Cheese, Sheep
- Ice Cream
- Margarine
- Milk

**SWEETENERS**

- Barley Malt
- Brown Rice Syrup
- Carob
- Corn Syrup
- Fructose
- Honey
- Sugar

**ANIMAL PROTEIN**

- Beef
- Carp
- Chicken
- Clams
- Corned Beef
- Eggs
- Fish
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pork
- Rabbit
- Salmon
- Scallops
- Shrimp
- Tuna
- Turkey
- Veal
- Venison

**ALCOHOL**

- Beer
- Hard Liquor
- Spirits
- Wine

**OTHER**

- Almond Milk
- Catsup
- Cocoa
- Coffee
- Distilled Vinegar
- Mustard
- Pepper
- Rice Milk
- Soft Drinks
- Soy Milk
- Soy Sauce

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