The Alkaline Food Chart
Hello and welcome to the official HealthyBody approved Alkaline Food Chart - The most accurate Alkaline Food List around.

As you'll discover in a moment, there are multiple methods for measuring the pH of foods which is why there is so much conflicting information out there on the internet.

But don’t worry, we’ve spent hours tirelessly reading through and studying the Alkaline Diet, so you don’t have to. But first...

**Who are we and why should you listen to us?**

My name is Mimi House and I’m passionate about health and have been for many many years. I started pursuing health when I realised that I couldn’t get the most out of our life if I was always sick and lacking energy. My mother also sadly suffered and passed away after a 5 year fight with Cancer, which has deeply motivated me to not have my mum’s fight in vain, which is why I’m sharing this information with you today.

When listening to The Living Health System by Anthony Robbins (great program by the way), I was first introduced to the Alkaline Diet and the profound power that it has on our body.
This then lead me to Dr Robert Young, the world’s leading researcher into the Alkaline Diet and its effects on the human body. By studying his research, as well as combining it with my own knowledge in health, fitness, nutrition and chemistry I began implementing the Alkaline Diet in my own lives.

My Husband lost 12 kilos from it, cleared up his Hay Fever which had plagued him for his whole life, and overcame a knee injury that started in childhood.

I have become incredibly vibrant, repaired my knee injury that came from running Marathons (Yes 21 miles!), and have cleared up eczema on my face and arms.

Needless to say, I’m a huge fan of the way I’ve adjusted the Alkaline Diet to suit the modern, busy lifestyle. And, if you’ll let me, I’d love the opportunity to share this amazing approach with you in the future. But for today, you’ll learn the foundation of the Alkaline Diet - The Food List.

**Let me introduce you to the pH Scale**

So you get the most of this handy resource, it’s important that you understand what the pH scale is. To make a complex concept simple, the pH scale is a measure of the acidity or alkalinity of a substance. It ranges from 1 being highly acidic (picture acid melting through cars), through to 14, which is highly alkaline (picture drain cleaner), and 7 being neutral.

For the human body to function effectively it’s essential that our body stays as close to 7.4 as possible.

**Let me introduce you to the pH Scale**

As you learned a minute ago, it’s essential that the human body stays as close to pH 7.4 as possible. The trouble however is that the modern diet as well as other factors such as stress, is that they are highly acidic by nature.

Now while your body won’t change its pH from its ideal level, how it achieves this is very scary. As your pH is the most important factor to your body’s survival, it will do anything needed to maintain it such as leach calcium from your bones, and store excess acid inside Tumors and Cysts.

Other effects of a highly acidic body include increased risk of cancer, chronic disease, and even inflamed allergies. Personally when I changed to an alkaline diet my hayfever which I’d previously been taking daily medication for cleared up within weeks.
When following the Alkaline Diet, you won’t improve your body’s state to being more alkaline than 7.4. However what will happen is that your body will be able to maintain this state with ease, and can instead focus its energy and resources towards improving your health, healing illnesses, and giving you the total vitality that we were naturally meant to live with.

As you can see, the benefits of the Alkaline Diet are enormous, yet if you’ve been following it for long you’ll know that finding accurate information about the foods to eat is near impossible.

**With all these different alkaline charts who are you meant to trust?**

When you’re starting the alkaline diet the first thing you need to understand is which foods are acid forming and what in alkaline forming. By simply knowing the right foods to eat, in order to alkalize your body, you are 50% of the way to living a successful Alkaline lifestyle.

However if you’ve looked at many of the charts or ‘alkaline cook books’ out there on the market, you may be stuck wondering why there is so much conflicting information. This is essentially because there are 2 methods of determining the alkalinity or acidity of food in your body.

These two methods are the PRAL & Live Blood Methods.

**Method One: PRAL.**

The PRAL (Potential Renal Acid Load) method is quite accurate for measuring the alkalinity of food in nature, however it is near useless for how food is in your body. Let me explain.

In the PRAL method foods are burned and then the pH of the ash that is left over is measured. The trouble with this method is that it also burns off 2 of the most highly acidic compounds for the human body - Yeast and Sugar. This results in many foods such as fruits being called ‘alkaline’ when in fact in the human body they are acidic or highly acidic because of the large amounts sugars and yeasts that they contain.
Method 2: Live Blood Analysis.

The second method isn’t as widely used as it is harder to measure in hard facts, but rather needs an expert’s eye to analyse. The live blood method is based upon analysing the patient’s blood after they consume certain foods and then gauging how they affect the human body.

For our alkaline food chart we’ve used the work of Dr Robert Young, a world leading bio-chemist who deeply understands the effect of pH on the human body. His data has been collected from over 40,000 live blood analysis tests and is the most accurate around. We then take his data and combine it with our deep understanding the chemical reactions in the human body - which we’ll teach you how to do in a minute - to determine the first alkaline food list you can trust.

Alkaline Foods VS Alkaline FORMING Foods

As we touched on above, the key reason for conflicting information on the internet is that some people measure the pH of food, while we prefer to measure how food affects the pH of your body. This diet is designed to alkalise your body’s pH afterall.

What Makes Foods Alkaline or Acidic Forming?

At the core there are 2 core factors that effect if a food is Alkaline or Acidic. Of course there are many more smaller factors at play as well, but for the purpose of following the Alkaline Diet you don’t need to go into this level of detail.

The 2 main factors that make foods Alkaline or Acid are:

Sugar Content - Whether it is Glucose, Fructose, Dextrose or Sucralose sugar is sugar. At its core when sugar reacts with your saliva and blood stream acid is produced. Yes cane sugar is the most acidic, however fruit still produces dramatic amounts of acid so should be eaten moderately.

Mineral Content - In nature minerals are what balances the pH of soil and water and the same is true for our bodies. Minerals such as Calcium, Magnesium, Potassium, Bicarbonates, Manganese and Iron are all highly alkaline, and foods that contain these minerals, without excess sugar being involved, are usually highly alkaline.
5-Step Process To Instantly Tell If A Food is Acid or Alkaline:

Now for something exciting - our 5-step process for quickly and easily determining if a food is alkaline if you’re ever unsure. These 5-steps have been derived by reverse engineering Dr Young’s findings from his 40,000 tests.

**Step 1: Is the food fresh?**

If it’s fresh then it has more of its nutrients intact. As we discovered before, it’s alkaline minerals that play a large part of foods being alkaline or not. As a general rule of thumb fresh foods will always be more alkaline than their packaged counterparts.

**Step 2: Does the food have low sugar?**

If there is either naturally occurring, or added sugar then chances are it isn’t going to be very acidic. If it has high levels of minerals and low sugar (Such as Lemons), then they can sometimes be Alkaline.

**Step 3: Is it Green?**

Green vegetables contain high levels Chlorophyll which is extremely alkaline. So if food is green then it’s likely alkaline.

**Step 4: Is it a vegetable?**

Vegetables of all forms tend to have lower sugar levels and higher levels of minerals so are almost all mildly-to-very alkaline forming.

**Step 5: Does it contain water?**

Water is the lifeblood of the planet, and as such most foods that contain water also contain living minerals which makes them very alkaline forming.

**How to use these 5-steps**

Next time you are stuck asking yourself if a food is alkaline or not, go through these steps and ask each of these questions about the food. If you get mostly yes’s, then chances are its alkaline. If however you get a lot of no’s then the food is likely acidic forming and you should avoid it, or at least enjoy it moderately.
Welcome To The Ultimate Alkaline Food List!

It's finally time. Now that you understand what the alkaline scale is, as well as how it effects the human body, it's time to reveal the complete list of alkaline and acidic foods. We've spent hours tirelessly pulling together the list that you'll find on the following pages. And, if you follow this list, you're already 80% towards success on the Alkaline Diet.

Enjoy!

<table>
<thead>
<tr>
<th>Highly Alkaline</th>
<th>Moderately Alkaline</th>
<th>Mildly Alkaline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Nuts</td>
<td>ima Beans/ Butter Beans</td>
<td>Vegetable Broth (homemade)</td>
</tr>
<tr>
<td>Soy Sprouts Powder</td>
<td>Edamame</td>
<td>Lentils</td>
</tr>
<tr>
<td>Alkaline Water</td>
<td>White Navy beans</td>
<td>Split Peas (all varieties)</td>
</tr>
<tr>
<td>RealSalt</td>
<td>Granulated Soy</td>
<td>Soy Flour</td>
</tr>
<tr>
<td>Celtic Salt</td>
<td>Red Pepper seasoning</td>
<td>Spelt Flour</td>
</tr>
<tr>
<td>Himalayan Salt</td>
<td>Cayenne seasoning</td>
<td>Buckwheat flour</td>
</tr>
<tr>
<td>Pumpkin Seeds</td>
<td>Garlic seasoning</td>
<td>Buckwheat groats</td>
</tr>
<tr>
<td>Grasses (all types of grasses i.e.</td>
<td>Ginger seasoning</td>
<td>Spelt Berries</td>
</tr>
<tr>
<td>Alfalfa Grass, Barley Grass,</td>
<td>Onion seasoning</td>
<td>100% Whole Buckwheat Soba Noodles</td>
</tr>
<tr>
<td>Wheatgrass, Kamut Grass)</td>
<td>Ginseng</td>
<td>100% Whole Spelt Pasta</td>
</tr>
<tr>
<td>Sprouts (all types of sprouts i.e.</td>
<td>Oregano</td>
<td>100% Whole Basmati Brown Rice</td>
</tr>
<tr>
<td>broccoli sprouts, kale sprouts,</td>
<td>Sorrel</td>
<td></td>
</tr>
<tr>
<td>radish sprouts, pea sprouts,</td>
<td>Avocado</td>
<td></td>
</tr>
<tr>
<td>seed sprouts, grain sprouts,</td>
<td>Beetroot</td>
<td></td>
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<tr>
<td>legume sprouts, bean sprouts)</td>
<td>Radish</td>
<td></td>
</tr>
<tr>
<td>Sea Vegetables (Nori, Kelp, agar,</td>
<td>Fresh Ginger</td>
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<tr>
<td>Kombu)</td>
<td>Tomatoes</td>
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<tr>
<td>Kale</td>
<td>Green Beans</td>
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<tr>
<td>Parsley</td>
<td>Cabbage (Chinese, red, and white)</td>
<td></td>
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<tr>
<td>Cucumber</td>
<td>Bell Peppers</td>
<td></td>
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<tr>
<td>Green Drinks (Doc Bros Plant Power</td>
<td>Asparagus</td>
<td></td>
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<tr>
<td>etc.)</td>
<td>Artichokes</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Lotus Root</td>
<td></td>
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<tr>
<td>Celery</td>
<td>Jicama</td>
<td></td>
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<tr>
<td>Garlic</td>
<td>Basil</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Carrots</td>
<td>Cod Liver Oils</td>
</tr>
<tr>
<td>Green Juice (No Fruit)</td>
<td>Chives</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Green Smoothie (No fruit)</td>
<td>Endive</td>
<td>Sour Cherries</td>
</tr>
<tr>
<td>Raw Vegetables</td>
<td>Leeks</td>
<td>Sesame Seeds</td>
</tr>
<tr>
<td>Ionized Water</td>
<td>Red onion</td>
<td>Sunflower Seeds</td>
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<tr>
<td>Swiss Chard</td>
<td>Turnip</td>
<td>Brazil Nuts</td>
</tr>
<tr>
<td>Beets Green</td>
<td>Parsnip</td>
<td>Chestnuts</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Hot Peppers</td>
<td>Tahini Paste</td>
</tr>
<tr>
<td>Dandelion Greens</td>
<td>Zucchini</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Daikon Radish</td>
<td>Bok Choy</td>
<td>Winter Squash</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Snow Peas</td>
<td>New Baby Potatoes</td>
</tr>
<tr>
<td>Leaf Lettuce</td>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pumpkin</td>
</tr>
</tbody>
</table>

100% Whole Buckwheat Soba Noodles 100% Whole Spelt Pasta 100% Whole Basmati Brown Rice Organic Non-GMO Tofu Distilled water Olive oil Avocado Oil Evening Primrose Oil Sesame Oil Cod Liver Oils Grapefruit Sour Cherries Sesame Seeds Sunflower Seeds Brazil Nuts Chestnuts Tahini Paste Cauliflower Winter Squash New Baby Potatoes Peas Pumpkin White Onion Pomegranate Eggplant/Aubergine Brussel Sprouts Fresh Horseradish Yams
<table>
<thead>
<tr>
<th>Highly Alkaline</th>
<th>Moderately Alkaline</th>
<th>Mildly Alkaline</th>
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<tbody>
<tr>
<td>Arugula/Rocket</td>
<td>Lemon</td>
<td>95-99% Stevia Extra</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td>Lime</td>
<td>Bee Pollen</td>
</tr>
<tr>
<td>Romaine Lettuce</td>
<td>Rhubarb</td>
<td>Hummus (Homemade)</td>
</tr>
<tr>
<td>Salad Greens</td>
<td>Chia Seeds</td>
<td>Goat’s milk</td>
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<tr>
<td>Turnip Greens</td>
<td>Hemp Seeds</td>
<td>Raw unpasteurized Goat’s Cheese</td>
</tr>
<tr>
<td>Watercress</td>
<td>Quinoa</td>
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</tr>
<tr>
<td>Cilantro/Coriander</td>
<td>Raw Organic Almonds</td>
<td>Coconut Cream</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Cardamom Seeds</td>
<td>Coconut Milk (Unsweetened)</td>
</tr>
<tr>
<td>Nori Seaweed</td>
<td>Cumin Seeds</td>
<td>Coconut Yoghurt (Unsweetened)</td>
</tr>
<tr>
<td>Baking Soda</td>
<td>Fennel Seeds</td>
<td>Creamed Coconut</td>
</tr>
<tr>
<td></td>
<td>Flaxseeds</td>
<td>Fresh Carrot Juice</td>
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<tr>
<td></td>
<td>Young Green Fresh Coconuts</td>
<td>100% Grapefruit Juice</td>
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<td></td>
<td>Chicory</td>
<td>100% Lemon Juice</td>
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<td>Dill Weed</td>
<td>Herbal Teas (Decaffeinated)</td>
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<td></td>
<td>Rutabagas</td>
<td>100% Tomato Juice</td>
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<tr>
<td></td>
<td>Spring onion</td>
<td>Green Olives</td>
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<tr>
<td></td>
<td>Basil</td>
<td>Fresh organic Corn</td>
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<td></td>
<td>Cinnamon</td>
<td>Raw Cacao</td>
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<td></td>
<td>Marjoram</td>
<td>Chlorella</td>
</tr>
<tr>
<td></td>
<td>Pepper (Black)</td>
<td>Fresh Lemon Slices in Water</td>
</tr>
<tr>
<td></td>
<td>Tarragon</td>
<td>Lime Lime Slices in Water</td>
</tr>
<tr>
<td></td>
<td>Turmeric</td>
<td>Canned Beans</td>
</tr>
<tr>
<td></td>
<td>Almond Butter (ideally home-made)</td>
<td>100% Tomato Paste</td>
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<tr>
<td></td>
<td>Coconut Oil</td>
<td>Sprouted Grain Protein Powder</td>
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<td></td>
<td>Flaxseed Oil</td>
<td>Pumpkin Seed Protein Powder</td>
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<td></td>
<td>Spirulina</td>
<td>Almond Meal</td>
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<td></td>
<td>Coconut water fresh from a young green coconut</td>
<td>Flaxmeal</td>
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<td></td>
<td>Sprouted Breads</td>
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<tr>
<td></td>
<td>Homemade Almond Milk</td>
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<tr>
<td>Highly Acidic</td>
<td>Moderately Acidic</td>
<td>Neutral/Mildly Acidic</td>
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</tr>
<tr>
<td>Added sugar fruit juice</td>
<td>Bass Fish</td>
<td>Green Juices w/ Fruit</td>
</tr>
<tr>
<td>Beer</td>
<td>Flounder Fish</td>
<td>Green Smoothies w/ Fruit</td>
</tr>
<tr>
<td>Liquor</td>
<td>Herring</td>
<td>Freshwater fish (Wild not farm raised) I.e. Salmon, Trout, Tuna</td>
</tr>
<tr>
<td>Vinegar (balsamic, red wine, white wine, rice wine etc.)</td>
<td>Mackerel</td>
<td>Soymilk (unsweetened)</td>
</tr>
<tr>
<td>Brown Rice Syrup</td>
<td>Snapper</td>
<td>Soy yoghurt (unsweetened)</td>
</tr>
<tr>
<td>MSG</td>
<td>Swordfish</td>
<td>Rice Milk (Unsweetened)</td>
</tr>
<tr>
<td>Jams</td>
<td>Whiting</td>
<td>Hazelnuts</td>
</tr>
<tr>
<td>Jellos</td>
<td>Canned Vegetables</td>
<td>Macadamia nuts</td>
</tr>
<tr>
<td>Yeast (Naturally occuring, added yeast and nutritional)</td>
<td>Tomato Sauce/ Ketchup</td>
<td>Pecans</td>
</tr>
<tr>
<td>Malt</td>
<td>Nutmeg</td>
<td>Pine Nuts</td>
</tr>
<tr>
<td>Sugar sweetened cocoa powder</td>
<td>Vanilla</td>
<td>Plums</td>
</tr>
<tr>
<td>Shellfish (clams, crab, lobster, mussels, Oysters)</td>
<td>Table Salt</td>
<td>Fresh Dates</td>
</tr>
<tr>
<td>Farmed-fish</td>
<td>Mayonnaise</td>
<td>Sweet Cherries</td>
</tr>
<tr>
<td>Pork</td>
<td>Walnuts</td>
<td>Fresh Currents</td>
</tr>
<tr>
<td>Veal</td>
<td>Oranges</td>
<td>Acai Berries</td>
</tr>
<tr>
<td>Beef</td>
<td>Pineapples</td>
<td>Dragon Fruit</td>
</tr>
<tr>
<td>Eggs (whole and egg whites)</td>
<td>Peaches</td>
<td>Goji Berries</td>
</tr>
<tr>
<td>Hard Cheese</td>
<td>Mangoes</td>
<td>Nectarine</td>
</tr>
<tr>
<td>Camembert Cheese</td>
<td>Apples</td>
<td>Cantaloupe/ rockmelon</td>
</tr>
<tr>
<td>Cream</td>
<td>Fresh Figs</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Sour Cream</td>
<td>Dried Dates</td>
<td>Honeydew Melon</td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Apricot</td>
<td>Berries (Raspberries, Blueberries, Blackberries, Strawberries)</td>
</tr>
<tr>
<td>Ice-Cream</td>
<td>Grapes</td>
<td>Guava</td>
</tr>
<tr>
<td>Casein</td>
<td>Mandarins</td>
<td>Kiwi Fruit</td>
</tr>
<tr>
<td>Peanuts</td>
<td>Pears</td>
<td>Tangelos</td>
</tr>
<tr>
<td>Pistachio Nuts</td>
<td>Raw Unpasteurized Honey</td>
<td>Papayas</td>
</tr>
<tr>
<td>Pistachio Nuts</td>
<td>Pure Maple Syrup</td>
<td>Persimmons</td>
</tr>
<tr>
<td>Cashews</td>
<td>Wheat</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Artificial sweeteners (aspartame etc.)</td>
<td>White bread</td>
<td>Fresh Cranberries</td>
</tr>
<tr>
<td>White Sugar</td>
<td>Biscuits</td>
<td>Ripe Olives</td>
</tr>
<tr>
<td>Beet Sugar</td>
<td>Wholemeal bread</td>
<td>SauerKraut</td>
</tr>
<tr>
<td>High Fructose Corn Syrup</td>
<td>Wholegrain bread</td>
<td>Millet</td>
</tr>
<tr>
<td>Molasses</td>
<td>Rye Bread</td>
<td>Triticale</td>
</tr>
<tr>
<td>Dried sugar cane</td>
<td>Soy Cheese</td>
<td>Amarantha</td>
</tr>
<tr>
<td>Barley malt syrup</td>
<td>Tamari</td>
<td>Oats</td>
</tr>
<tr>
<td>Fructose</td>
<td>Tap Water</td>
<td>Wholegrain Couscous</td>
</tr>
<tr>
<td>Turbinado Sugar</td>
<td>Espresso Coffee</td>
<td>Wild Rice</td>
</tr>
<tr>
<td>Processed Honey</td>
<td>100% Grape Juice</td>
<td>Rice/Pea/Soy/Hemp Protein Powders</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>100% Orange Juice</td>
<td>Seitan</td>
</tr>
<tr>
<td>Powered Soups</td>
<td>100% Pear Juice</td>
<td>Garbanzos/ Chickpeas</td>
</tr>
<tr>
<td>Instant meals</td>
<td>Black Tea</td>
<td>Kidney beans</td>
</tr>
<tr>
<td>Fast foods</td>
<td>White Tea</td>
<td>Other Beans</td>
</tr>
<tr>
<td>Highly Acidic</td>
<td>Moderately Acidic</td>
<td>Neutral/Mildly Acidic</td>
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<tr>
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</tr>
<tr>
<td>Chocolates</td>
<td>Bottled Water (non-alkaline ones)</td>
<td>Black beans</td>
</tr>
<tr>
<td>Sweets</td>
<td>Wine (red &amp; white)</td>
<td>Curry Powder</td>
</tr>
<tr>
<td>Saturated Fats</td>
<td>Sprits (straight)</td>
<td>Sunflower Oil</td>
</tr>
<tr>
<td>Hydrogenated Oils</td>
<td>Barley</td>
<td>Grapeseed Oil</td>
</tr>
<tr>
<td>Margarine</td>
<td>Barley Flour</td>
<td>Macadamia Oil</td>
</tr>
<tr>
<td>Corn oil</td>
<td>Corn (processed)</td>
<td>Soybean Oil</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Brown Sugar</td>
<td>Mustard</td>
</tr>
<tr>
<td>Canned Fruit</td>
<td>Saccharin</td>
<td>Popcorn</td>
</tr>
<tr>
<td>Dried Fruit (apricots, Cranberries,</td>
<td>Butter (Regular)</td>
<td>Cooked Vegetables</td>
</tr>
<tr>
<td>figs, prunes, raisins etc.)</td>
<td>Vegetable Oil (Most)</td>
<td>Frozen Vegetables</td>
</tr>
<tr>
<td>Deli meats</td>
<td>Miso</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Canned Tuna</td>
<td>Carbonated Drinks</td>
<td>Apple Cider Vinegar</td>
</tr>
<tr>
<td>Canned Sardines</td>
<td>Chicken Liver</td>
<td>Green Tea</td>
</tr>
<tr>
<td>Apple Juice</td>
<td></td>
<td>Oat Bran</td>
</tr>
<tr>
<td>Berry Juice Blend</td>
<td></td>
<td>Oat Flour</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td></td>
<td>Basmati Rice</td>
</tr>
<tr>
<td>Soft Drink</td>
<td></td>
<td>Rice Flour</td>
</tr>
<tr>
<td>Ale (Dark, and Pale)</td>
<td></td>
<td>Ghee</td>
</tr>
<tr>
<td>Wheat Flour (white)</td>
<td></td>
<td>Butter (Grass Fed)</td>
</tr>
<tr>
<td>Wheat Flour (whole)</td>
<td></td>
<td>80% Dark Chocolate</td>
</tr>
<tr>
<td>Fresh Pineapple</td>
<td></td>
<td>Fermented Tempeh</td>
</tr>
<tr>
<td>Flavoured Milks</td>
<td></td>
<td>Unsweetened Shredded Coconut</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td></td>
<td>100% Brown Rice thins (oil free)</td>
</tr>
<tr>
<td>Peanut oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Instant Coffee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spirits w/ mixers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef (frankfurters)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef (hamburgers)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausages (most)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burritos (beef, and Chicken)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sushi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Nuggets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Sandwiches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fried Chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corned Beef</td>
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<td></td>
</tr>
<tr>
<td>Crackers (white flour)</td>
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<td></td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td></td>
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</tr>
<tr>
<td>Fruit Pies</td>
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</tr>
<tr>
<td>Meat Pies</td>
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</tr>
<tr>
<td>Hash Browns</td>
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<td></td>
</tr>
<tr>
<td>Hot Dogs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Highly Acidic</td>
<td>Moderately Acidic</td>
<td>Neutral/Mildly Acidic</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>----------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Macaroni</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noodles</td>
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</tr>
<tr>
<td>Pancakes</td>
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</tr>
<tr>
<td>Pizza</td>
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<tr>
<td>Potato chips</td>
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<tr>
<td>Preserves</td>
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<tr>
<td>Tacos</td>
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<td>Bagels</td>
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<tr>
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<tr>
<td>Carrot Cake</td>
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</tr>
<tr>
<td>Cheese Cake</td>
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</tr>
<tr>
<td>Croissants</td>
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<tr>
<td>Danish Pastry</td>
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</tr>
<tr>
<td>Donuts</td>
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</tr>
<tr>
<td>Pretzels</td>
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</tr>
<tr>
<td>Puff Pastry</td>
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