### MILDLY ALKALINE
- Almond Milk
- Distilled Water
- Artichokes
- Asparagus
- Brussels Sprouts
- Cauliflower
- Comfrey
- Kohlrabi
- Lamb's Lettuce
- Leeks
- New Baby Potatoes
- Peas
- Pumpkin
- Onion
- Rutabaga
- Swede
- Squash (Butternut, Summer, etc.)
- Watercress
- White Cabbage

- Coconut
- Grapefruit
- Pomegranate
- Almonds
- Fennel Seeds
- Lentils
- Tofu
- Sesame Seeds

- Herbs & Spices
- Avocado Oil
- Olive Oil
- Coconut Oil
- Flax Oil
- Grapeseed Oil
- Hemp Oil
- pH Miracle Omega 3-6-9 Oil

### MODERATELY ALKALINE
- Fresh Coconut Water
- Arugula
- Beets
- Basil
- Capsicum/Pepper
- Cabbage Lettuce
- Carrot
- Chives
- Collard/Spring Greens
- Coriander
- Endive
- Ginger
- Green Beans
- Leeks
- Lettuce
- Mustard Greens
- Okra
- Radish
- Red Cabbage
- Red Onion
- Turnip
- Zucchini

- Lemon
- Lime
- Rhubarb
- Butter Beans
- Lima Beans
- Soy Beans (fresh)
- White (Navy) Beans

- Chia/Salba Seeds
- Hemp Seeds
- Quinoa

### HIGHLY ALKALINE
- pH 9.5 Water
- Green Drinks
- Himalayan Salt
- Real Salt
- Avocado
- Broccoli
- Cabbage
- Celery
- Cucumber
- Endive
- Garlic
- Grasses (alfalfa, kamut, straw, shave, wheatgrass, etc.)
- Kale
- Parsley
- Sprouts (alfalfa, bean, pea, soy, etc.)
- Spinach

- Tomato
- Soy Nuts... (soaked soybeans, then air-dried)

- Soy lecithin, pure

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### HIGHLY ACIDIC
- Alcohol
- Coffee & Black Tea
- Fruit Juice (sweetened)
- Cocoa
- Honey
- Jam
- Jelly
- Mustard
- Miso
- Rice Syrup
- Vinegar
- Yeast
- Dried Fruit
- Beef
- Chicken
- Eggs
- Farmed Fish
- Pork
- Shellfish
- White Rice
- Cheese
- Dairy
- Artificial Sweeteners
- Syrup
- Mushroom

### MODERATELY ACIDIC
- Fresh, Natural Juice
- Ketchup
- Mayonnaise
- Butter
- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cranberry
- Grapes
- Guava
- Mango
- Mangosteen
- Orange
- Peach
- Papaya
- Pineapple
- Strawberry
- Goat’s Cheese
- Vegan Cheese
- Brown Rice
- Rye Bread
- Wheat
- Wholemeal Bread
- Wild Rice
- Wholemeal Pasta
- Walnuts
- Ocean Fish

### MILDLY ACIDIC
- Rice, Soy, & Coconut Milk
- Cantaloupe
- Fresh Dates
- Nectarine
- Plum
- Sweet Cherry
- Watermelon
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Seitan
- Amaranth
- Buckwheat Groats
- Buckwheat Pasta
- Millet
- Oats/Oatmeal
- Soybeans
- Spelt
- Cous Cous
- Rice/Soy/Hemp Protein
- Freshwater Wild Fish
- Brazil Nuts
- Flax Seeds
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pumpkin Seeds
- Sunflower Seeds
- Sunflower Oil
### General Guidance:
Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 liters of clean, pure water daily.

---

**ALKALINE FOODS**

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>MEATS</th>
<th>DAIRY PRODUCTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>Avocado</td>
<td>Pork</td>
<td>Milk</td>
</tr>
<tr>
<td>Arugula</td>
<td>Coconut</td>
<td>Lamb</td>
<td>Eggs</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Grapefruit</td>
<td>Beef</td>
<td>Cheese</td>
</tr>
<tr>
<td>Avocado</td>
<td>Lemon</td>
<td>Chicken</td>
<td>Cream</td>
</tr>
<tr>
<td>Basil</td>
<td>Lime</td>
<td>Turkey</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Beets</td>
<td>Pomegranate</td>
<td>Custaceans</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Rhubarb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Tomato</td>
<td>Other Seafood (apart from occasional oily fish, such as salmon)</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
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<tr>
<td>Cabbage Lettuce</td>
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<tr>
<td>Capsicum/Pepper</td>
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<tr>
<td>Carrot</td>
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<td>Cauliflower</td>
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<td>Chives</td>
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<tr>
<td>Collard/Spring Greens</td>
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<tr>
<td>Comfrey</td>
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<tr>
<td>Coriander</td>
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<td></td>
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<tr>
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<tr>
<td>Garlic</td>
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<tr>
<td>Ginger</td>
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<tr>
<td>Grasses</td>
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<tr>
<td>Green Beans</td>
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<tr>
<td>Kale</td>
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<tr>
<td>Kohlrabi</td>
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<tr>
<td>Lamb's Lettuce</td>
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<tr>
<td>Leeks</td>
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<tr>
<td>Lettuce</td>
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<tr>
<td>Mustard Greens</td>
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<td></td>
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<tr>
<td>New Baby Potatoes</td>
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<tr>
<td>Okra</td>
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<td>Onion</td>
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<tr>
<td>Peas</td>
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<td>Pumpkin</td>
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<tr>
<td>Radish</td>
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<tr>
<td>Red Cabbage</td>
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<tr>
<td>Red Onion</td>
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<tr>
<td>Rutabaga</td>
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<td>Spinach</td>
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<td>Sprouts</td>
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<tr>
<td>Squash</td>
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<tr>
<td>Turnip</td>
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<tr>
<td>Watercress</td>
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<tr>
<td>White Cabbage</td>
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<td></td>
<td></td>
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<tr>
<td>Zucchini</td>
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<table>
<thead>
<tr>
<th>DRINKS</th>
<th>CONVENIENCE FOODS</th>
<th>OTHERS</th>
<th>FATS &amp; OILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Milk</td>
<td>Sweets</td>
<td>Peanuts</td>
<td>Saturated Fats</td>
</tr>
<tr>
<td>Fresh Vegetable Juice</td>
<td>Chocolate</td>
<td>Cashew Nuts</td>
<td>Hydrogenated Oils</td>
</tr>
<tr>
<td>Green Drinks</td>
<td>Microwave Meals</td>
<td>Pistachio Nuts</td>
<td>Margarine (worse than butter)</td>
</tr>
<tr>
<td>Herbal Tea</td>
<td>Tinned Foods</td>
<td></td>
<td>Corn Oil</td>
</tr>
<tr>
<td>Lemon Water (pure water + fresh lemon or lime)</td>
<td>Powdered Soups</td>
<td></td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>Non-sweetened Soy Milk</td>
<td>Instant Meals</td>
<td></td>
<td>Sunflower Oil</td>
</tr>
<tr>
<td>Pure Water (distilled, reverse osmosis, ionized)</td>
<td>Fast Food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable Broth</td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEEDS, NUTS, GRAINS</th>
<th>Fruits</th>
<th>SEEDS &amp; NUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>All fruits, aside from those listed in the alkaline column.</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Any Sprouted Seed</td>
<td></td>
<td>Cashew Nuts</td>
</tr>
<tr>
<td>Buckwheat Groats</td>
<td></td>
<td>Pistachio Nuts</td>
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<tr>
<td>Caraway Seeds</td>
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<tr>
<td>Cumin Seeds</td>
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<tr>
<td>Fennel Seeds</td>
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<td>Hemp Seeds</td>
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<td>Lentils</td>
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<td>Sesame Seeds</td>
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<td>Spelt</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FATS &amp; OILS</th>
<th>FRUITS</th>
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</thead>
<tbody>
<tr>
<td>Flax</td>
<td>Avocado</td>
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<tr>
<td>Hemp</td>
<td>Coconut</td>
</tr>
<tr>
<td>Avocado</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Olive</td>
<td>Lemon</td>
</tr>
<tr>
<td>Evening Primrose</td>
<td>Lime</td>
</tr>
<tr>
<td>Borage</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Oil Blends</td>
<td>Rhubarb</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
</tbody>
</table>

### Alkaline Fruits
- Avocado
- Coconut
- Grapefruit
- Lemon
- Lime
- Pomegranate
- Rhubarb
- Tomato

### Acid Fruits
- Pomegranate
- Grapefruit
- Lemon
- Lime
- Pomegranate
- Rhubarb
- Tomato

---

### Acid Meats
- Pork
- Lamb
- Beef
- Chicken
- Turkey
- Custaceans
- Other Seafood (apart from occasional oily fish, such as salmon)

### Acid Dairy Products
- Milk
- Eggs
- Cheese
- Cream
- Yogurt
- Ice Cream

### Acid Convenience Foods
- Sweets
- Chocolate
- Microwave Meals
- Tinned Foods
- Powdered Soups
- Instant Meals
- Fast Food

### Acid Drinks
- Fizzy Drinks
- Coffee
- Tea
- Beers
- Spirits
- Fruit Juice
- Dairy Smoothies
- Milk
- Traditional Tea

---

### Acid Fats & Oils
- Saturated Fats
- Hydrogenated Oils
- Margarine (worse than butter)
- Corn Oil
- Vegetable Oil
- Sunflower Oil

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### Fruits
- All fruits, aside from those listed in the alkaline column.

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### General Guidance:
Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwaved meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal.