

## The Effects of Food on the Super-Critical Acid/Alkaline Biochemical Balance

75%

daily food choices, by volume, should ideally be

25%

Most Alkaline	Medium Alkaline	Low Alkaline	Foods	Low Acid	Medium Acid	Most Acid
broccoli cucumber cilantro oriental greens garlic, onions kale spinach, parsley sea vegetables greens+ green drink	bell pepper cauliflower parsnip endive ginger root sweet potato cabbage celery, carrots asparagus	Brussels sprouts beets tops & roots tomatoes & tomato juice fresh peas dark lettuce all mushrooms fresh potato w skin pumpkin, squash tempeh	<b>Vegetables</b> <b>Beans</b> <b>Legumes</b> only use non GMO foods	corn, lentils peanuts w skin organic peanut butter soy protien powder beans: kidney, lima, navy, pinto, white, black, soy peas: green, split, chick, tofu (extra firm) edamame	salted peanut butter	processed soybeans salted & sweetened peanut butter
cantaloupe, honeydew raisins nectarine raspberry, watermelon fresh black cherries black olives in oil	apple avocado pink grapefruit lemons, limes mangoes pear, peach	fresh pineapple apricot grapes blueberry strawberry, blackberry papaya	<b>Fruits</b>	dried fruit, natural figs, dates, prunes, banana unsweetened canned fruit natural fruit juice unsweetened jams unsweetened preserves	olives, pickled sweetened fruit juice sweetened canned fruit sweetened jams sweetened preserves	cranberry dried fruit, sulfured
Celtic sea salt Antarctic sea salt miso & natto cayenne, ashwagandha gotu kola, ginkgo biloba baking soda (sodium bicarbonate)	cinnamon ginger dill, mint, peppermint turmeric rhodiola, basil, oregano licorice root Siberian ginseng	most herbs curry, mustard powder kola nut tamari milk thistle maca, astragalus suma, echinacea	<b>Seasonings</b> <b>Herbs</b> <b>Spices</b>	tahini carob cocoa regular table salt	vanilla nutmeg mayonnaise ketchup	black pepper MSG soy sauce brewer's & nutritional yeast
electron rich alkaline water plasma activated water (PAW)	Teas: green, matcha green, ginger, rooibos, chamomile water ozonated water	dry red wine unsweetened almond milk distilled water draft beer or dark stout	<b>Beverages</b>	unsweetened soy milk unsweetened rice milk black tea black coffee, decaf coffee	coffee w milk & sugar	alcoholic drinks soft drinks
bee pollen soy lecithin granules dairy free probiotic culture	aloe vera juice	whole oats quinoa wild rice millet & spelt plain hemp protein powder	<b>Grains</b> <b>Cereals</b> <b>Other</b>	brown & basmati rice wheat & buckwheat kasha, amaranth whole wheat & corn pasta whole grain bread	plain rice protein powder rolled oats & oat bran rye white bread white pasta, white rice	barley pastries cakes tarts cookies
pumpkin seeds almonds w skin plain almond butter w skin all sprouts, wheat grass alfalfa grass, barley grass	extra virgin olive oil borage oil, primrose oil chestnuts, Brazil nuts light & dark flaxseeds macadamia nuts black currant oil	hazelnuts flaxseed/sea buckthorn oil hemp seed & oil sesame seeds & oil sunflower seeds & oil fresh coconut & oil	<b>Nuts &amp; Seeds</b> <b>Grasses &amp; Sprouts</b> <b>Oils</b> only use cold pressed oils	popcorn canola oil grape seed oil pine nuts safflower oil	cashews pecans walnuts	pistachios trans fatty acids acrylamides
	wild ultra pure omega3 fish oil CLA conjugated linoleic acid	cod liver oil	<b>Meats</b> <b>Fish &amp; Fowl</b>	fish, turkey venison wild duck, seafood	chicken lamb, pork veal	beef lobster
human breast milk	dairy probiotic cultures whey protein isolate powder	soft goat cheese fresh goat milk	<b>Dairy</b> <b>Eggs</b>	cow's milk, cream, yogurt butter, buttermilk white of chicken eggs	soy cheese & soft cheese ice cream whole chicken eggs	processed cheese hard cheese yolk of chicken eggs
	blackstrap molasses (unsulfured)	stevia, brown rice syrup pure maple syrup unpasteurized honey	<b>Sweeteners</b>	commercial honey	corn syrup, fructose high-fructose corn syrup, sugar	artificial sweeteners