

Acid binding foods

Wolfberries

Other fruits:

Figs
Raisins
Bananas
Pears
Orange juice
Grape juice
Coconut
Strawberries
Apples
Peaches
Lemons
Tangerines
Blackberries

Artichokes
Asparagus
Endive
Spinach
Lettuce
Cabbage
Tomatoes
Pumpkin
Beets
Ginger
Chestnuts
Carrots
String beans
Egg whites
Cucumbers
Watermelon
Eggplant
Onions
Squash
Sweet potatoes
White potatoes
Radishes
Peas
Green beans
Garlic
Cauliflower
Broccoli
Pumpnickel bread
Dill
Soy beans
Tea leaves
Sugar cane
Rock candy

Acid forming foods

Cheese
Butter
Margarine
Chocolate
Coffee
Carbonated drinks
White sugar
Corn and cornmeal
Refined wheat, whole wheat
Barley
Rye
White breads
Pasta
White Rice
Crackers
Oatmeal
Peanuts (peanut butter)
Cashews
Walnuts
Pecans
Animal Meats
Fish (white, shell, salmon, herring)
Brussel sprouts
Lentils

After your food is digested, there is an acid or alkaline "ash" left in your bloodstream. This chart shows which foods are alkaline forming and which are acid forming.

Note that this is different from saying tomatoes or citrus foods are acidic; we are talking about the by-products of digestion.

So! Aim for higher alkaline-forming foods! Avoid high acid-forming foods. Your ideal diet is 80% alkaline forming foods and 20% acid-forming foods.

You can also choose to test your first morning saliva and/or urine to see how you're doing with acidity/alkalinity. I have a limited supply, but look for pH paper in your natural food stores. Acid urine or saliva will be below 7.0 and alkaline will be above 7.0