

















## Acid-Alkaline Charts

pH4		pH7			pH10
Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline		
 White Bread	 Meat/Fish	 Fruits	 Asparagus		
 Alcohol	 Legumes	 Vegetables	 Cayenne Pepper		
 Colas/Sodas	 Nuts	 Avocados	 Melons		
 Sugar	 Dairy	 Almonds	 Kelp		

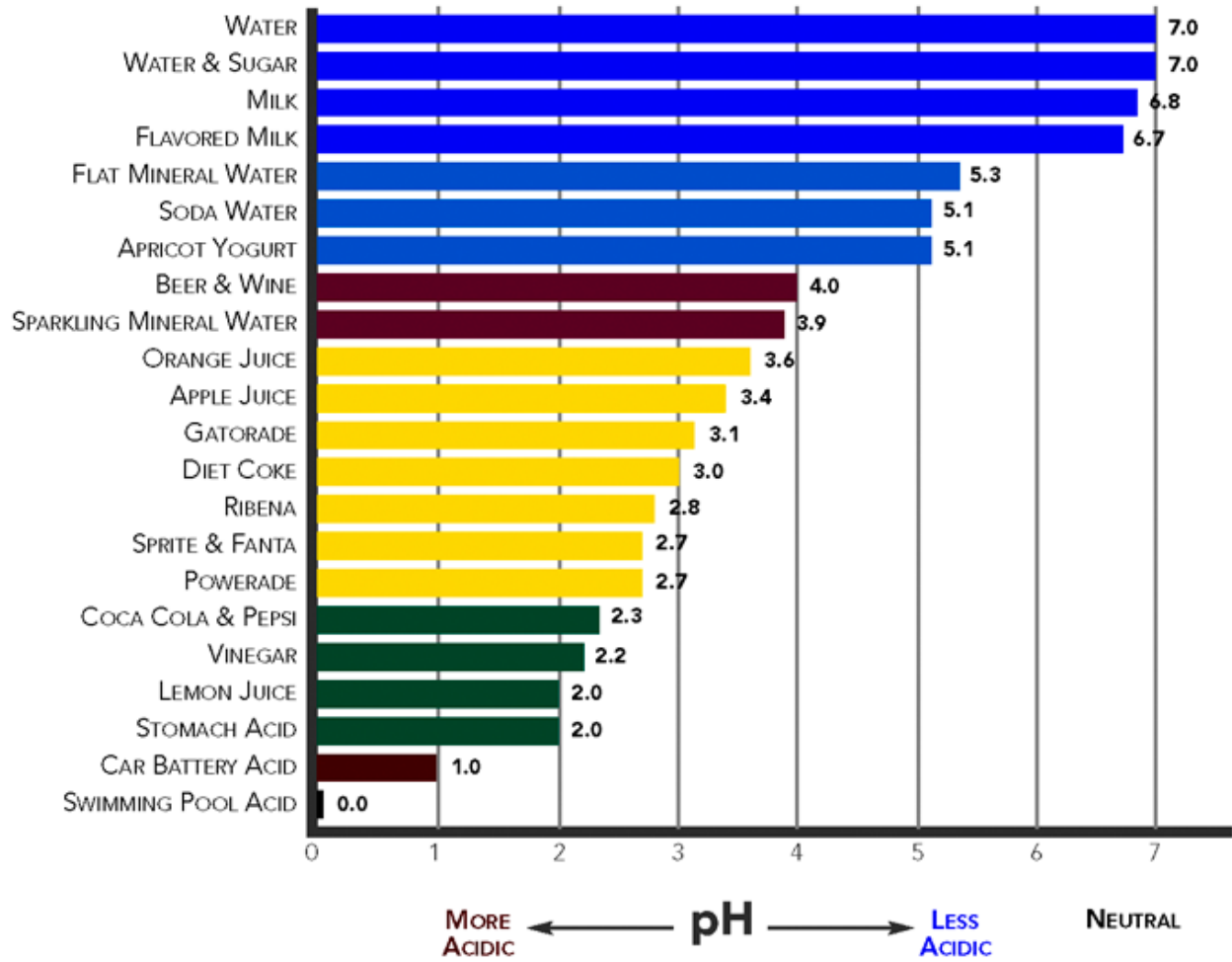
## Acid/Alkaline Food Chart

Food Category	Food	Rating				
		<-- highly acidic --	highly alkaline -->			
Breads	Corn Tortillas	x				
Breads	Rye bread		x			
Breads	Sourdough bread	x				
Breads	White biscuit		x			
Breads	White bread	x				
Breads	Whole-grain bread		x			
Breads	Whole-meal bread		x			
Condiments	Ketchup	x				
Condiments	Mayonnaise	x				
Condiments	Miso	x				
Condiments	Mustard	x				
Condiments	Soy sauce	x				
Dairy	Buttermilk				x	
Dairy	Cheese (all varieties, from all milks)	x				
Dairy	Cream		x			
Dairy	Egg whites	x				
Dairy	Eggs (whole)	x				
Dairy	Homogenized milk		x			
Dairy	Milk (not pasteurized)		x			
Dairy	Milk (pasteurized)	x				
Dairy	Paneer (cheese)	x				
Dairy	Quark	x				
Dairy	Yoghurt (sweetened)	x				
Dairy	Yoghurt (unsweetened)		x			
Beverages & Drinks	Beer	x				
Beverages & Drinks	Coffee	x				
Beverages & Drinks	Coffee substitute drinks		x			
Beverages & Drinks	Fruit juice (natural)		x			
Beverages & Drinks	Fruit juice (sweetened)	x				
Beverages & Drinks	Liquor	x				
Beverages & Drinks	Soda/Pop		x			
Beverages & Drinks	Tea (black)	x				
Beverages & Drinks	Tea (herbal, green)				x	
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x	
Beverages & Drinks	Water (sparkling)	x				
Beverages & Drinks	Water (spring)		x			
Beverages & Drinks	Wine	x				
Fats & Oils	Borage oil				x	
Fats & Oils	Butter		x			
Fats & Oils	Coconut Oil (raw)				x	
Fats & Oils	Cod liver oil		x			
Fats & Oils	Corn oil		x			
Fats & Oils	Evening Primrose oil				x	

Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Milk sugar			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh						x
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper						x
Vegetables	Celery						x
Vegetables	Chives				x		
Vegetables	Cilantro						x
Vegetables	Comfrey				x		
Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x
Vegetables	Dog grass						x
Vegetables	Endive, fresh					x	
Vegetables	French cut ( <i>green</i> ) beans						x
Vegetables	Frozen vegetables		x				
Vegetables	Garlic						x
Vegetables	Ginger						x
Vegetables	Ginseng					x	
Vegetables	Green cabbage, ( <i>December Harvest</i> )					x	
Vegetables	Green cabbage, ( <i>March Harvest</i> )					x	
Vegetables	Horse radish					x	
Vegetables	Jicama						x
Vegetables	Kale						x
Vegetables	Kamut grass						x
Vegetables	Lamb's lettuce				x		
Vegetables	Leeks (bulbs)				x		

# Acidity (pH) of Common Drinks

*the lower th pH, the stronger the acid*





	Acid (pH)	Sugar (teaspoons in 12oz.)	Caffeine (grams)
Battery Acid	1.00	0	0
Stomach acid	2.00	0	0
Lime Juice	2.00-2.35		
Lemon juice	2.00-2.60		
Cranberry Juice, canned	2.30-2.52		
Vinegar	2.40-3.40		
Sunny Delight	2.4	6.3	0
Gatorade Clear	2.4	5.5	0
Pepsi	2.49	9.8 (27 grams)	37
Country Time Lemonade	2.5	5.4	0
Cherry Coke	2.52	8.9	34
Coke Classic	2.53	9.3 (27 grams)	34
Capri Sun	2.6	5.5	0
Orange Crush	2.7	10.5	0
Hi-C Blast Fruit Punch	2.7	5.5	0
Tang	2.7	5.1	0
Powerade	2.75	15 grams	0
Orange Minute Maid	2.80	11.2 (48 grams)	0
Mellow Yellow	2.8	10.1	51
Diet Cherry Coke	2.8	0	34
Welch's White Grape	2.8	7.8	0
Mr. Pibb	2.8	0	40
Hawaiin Fruit Punch	2.82	10.2	0
Squirt	2.85	9.5	
Lipton Brisk	2.87	7	9
Cranberry Juice, white	2.9	5.5	0
Dr Pepper	2.92	9.5 (40.5 grams)	40
Gatorade	2.95	5.5 (21 grams)	0
Nestea Sweetened Lemon Iced Tea	2.97	7	16.6
Grapefruit juice	3.00	35 grams	0
Kool-Aid Jammers (cherry)	3.00	5.1	0
Nestea	3.04	5	11 to 26
Pepsi One	3.05	0	36
Vinegar, cider	3.10		
Diet Code Red Mountain Dew	3.1	0	0
Pepsi Blue	3.1	5.7	0
V8 Splash Berry Blend	3.1	5.5	0
Vinegar, cider	3.1	0	0
Orange Slice	3.12	11.9	
Dole (orange strawberry banana)	3.2	6.3	0
Snapple Tea	3.2	7.6	31.5
Fresca	3.20	0	
Mountain Dew	3.22	11 (46 grams)	55
Grape Minute Maid	3.29	11.9	0
Orange Juice, California	3.30-4.19		
Diet Mountain Dew	3.34	0	55
Diet Coke	3.39	0	45
Dole (pineapple juice)	3.4	5.7	0
Apple Juice	3.4	4.8	0
Diet Dr Pepper	3.41	0	
Sprite	3.42	9	0
Tea (iced)	3.5	0	70.6
Diet 7UP	3.67	0	0
Vegetable Juice	3.90-4.30	9.7	
Prune Juice	3.95-3.97		
Dad's Root Beer	4	9.7	00
Tomatoes, Juice	4.10-4.60	0	
A&W Cream Soda	4.2		29
A&W Root Beer	4.3	10.7	0
Diet Barq's	4.55		
Barq's	4.61		22
Guava Nectar	5.50		
Brewed Coffee	5.51		203
Milk, Cow	6.40-6.80		
Coconut Milk	6.10-7.00	3.5	
Milk, 2%	6.8		0
Milk, skim	6.8		0
Water	7.00		0
Soybean Milk	7.00		
Tea (brewed)	7.2		70.6
Tea	7.20		

## Beverages pH & ORP Test Results (Page 2)

A test of the following beverages was conducted July 2006 in California using a calibrated PinPoint Combe pH / ORP Meter.

