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Food "Ash" pH

The following is a list of common foods with an approximate, relative potential of acidity (-), or alkalinity(+), as present in one ounce of food.

Foods You Can Eat Freely

Vegetables .		Dandelion	+22.7	Tofu	+3.2
Brussels sprouts	+0.5	Kamut grass	+27.6	Lima beans	+12.0
Peas, ripe	+0.5	Barley grass	+28.7	Soybeans, fresh	+12.0
Asparagus	+1.1	Soy sprouts	+29.5	White/navy beans	+12.1
Artichokes	+1.3	Sprouted radish seeds	+28.4	Granulated soy	+ 12.8
Comfrey	+1.5	Sprouted chia seeds	+28.5	Soy nuts (soaked soy beans, then air dried)	+ 26.5
Green cabbage, March	+2.0	Alfalfa grass	+29.3	Soy lecithin, pure	+ 38.0
Lettuce	+2.2	Cucumber, fresh	+ 31.5		
Onion	+3.0	Wheat Grass	+ 33.8	Nuts	
Cauliflower	+3.1			Almonds	+3.6
White cabbage	+3.3	Root Vegetables		Brazil Nuts	-0.5
Green cabbage, Dec.	+4.0	White radish (spring)	+3.1		
Savoy cabbage	+4.5	Rutabaga	+3.1	Seeds	
Lamb's lettuce	+4.8	Kohlrabi	+5.1	Wheat kernel	-11.4
				Pumpkin seeds	-5.6
Peas, fresh	+5.1	Horseradish	+6.8	Sunflower seeds	-5.4
Zucchini	+5.7	Turnip	+8.0	Flax seeds	-1.3
Red cabbage	+6.3	Carrot	+9.5	Sesame seeds	+0.5
Rhubarb stalks	+6.3	Fresh red beet	+ 11.3	Cumin seeds	+1.1
Leeks (bulbs)	+7.2	Red radish	+ 16.7	Fennel seeds	+1.3
Watercress	+7.7	Summer black radish	+39.4	Caraway seeds	+2.3
Spinach, March harvest	+8.0			Fats (Fresh, Cold-Pressed Oils)	
Chives	+8.3	Fruits		Olive oil	+1.0
French cut beans	+11.2	Limes	+8.2	Borage oil	+3.2
Sorrel	+11.5	Fresh lemon	+9.9	Flax seed oil	+3.5
Spinach-other than Mar	+13.1	Tomato	+13.6	Evening primrose oil	+4.1
Garlic	+13.2	Avocado (protein)	+15.6	Marine Lipids	+4.7
Celery	+13.3				
Cabbage lettuce, fresh	+ 14.1	Non-Stored Organic		Water	
Endive, fresh	+ 14.5	Grains and Legumes		Distilled water	(neutral)
Cayenne pepper	+18.8	Buckwheat groats	+0.5	Coconut water	+9.04
Straw grass	+21.4	Spelt	+0.5		
Shave grass	+ 21.7	Lentils	+0.6		
Doggrass	+22.6	Soyflour	+2.5		

Foods You Can Eat Sparingly

Fish		Currant	-8.2	Coconut, fresh	+0.5
Fresh water fish	-11.8	Gooseberry, ripe	-7.7	Cherry, sour	+3.5
		Grape, ripe	-7.6	Banana, unripe	+4.8
Fruits		Cranberry	-7.0		
(In Season, for Cleansing only, or in real Moderation)		Black currant	-6.1	Non-Stored Grains	
Rose hips	-15.5	Strawberry	-5.4	Brown rice	-12.5
Pineapple	-12.6	Blueberry	-5.3	Wheat	-10.1
Mandarin orange	-11.5	Raspberry	-5.1		
Banana, ripe	-10.1	Yellow plum	-4.9	Nuts	
Pear	-9.9	Italian plum	-4.9	Walnuts	-8.0
Peach	-9.7	Date	-4.1	Macadamia Nuts	-3.2
Apricot	-9.5	Cherry, sweet	-3.6	Hazelnuts	-2.0
Papaya	-9.4	Cantaloupe	-2.5		
Orange	-9.2	Red currant	-2.4	Fats	
Mango	-8.7	fig juice powder	-2.4	Sunflower oil	-6.7
Tangerine	-8.5	Grapefruit	-1.7	Coconut Milk	-1.5
		Watermelon	-1.0		

Acidic Foods To Minimize or Phase Out

Root Vegetables		White biscuit	-6.5	Turbinado sugar	-9.5
Stored potatoes	+2.0	Whole-meal bread	-6.5	Brown rice syrup	-8.7
		Whole-grain bread	-4.5	Honey	-7.6
Meat, Poultry and Fish		Rye bread	-2.5		
Pork	-38.0			Condiments	
Veal	-35.0	Nuts		Ketchup	-12.4
Beef	-34.5	Pistachios	-16.6	Mayonnaise	-12.5
Ocean fish	-20.0	Peanuts	-12.8	Mustard	-19.2
Chicken	-18.0	Cashews	-9.3	Soy sauce	-36.2
to -22.0				Vinegar	-39.4
Eggs	-18.0	Fats			
to -22.0		Margarine	-7.5	Beverages	
Oysters	--5.0	Corn oil	-6.5	Liquor	-28.6 to -38.1
Liver	-3.0	Butter	-3.9		
Organ meats	-3.0			Wine	-16.4
		Sweets		Beer	-26.8
Milk and Milk Products		Artificial sweeteners	-26.5	Coffee	-25.1
Hard cheese	-18.1	Chocolate	-24.6	Fruit juice, packaged,	-8.7
Quark	-17.3	Refined cane sugar	-17.6	Fruit juice- sweetened	-33.4
Cream	-3.9	Beet sugar	-15.1		
Homogenized Milk	-1.0	Molasses	-14.6	Black Tea	-27.1
Buttermilk	-1.3	Barley Malt Sweetener	-9.8		
		Sugar cane (Sucariat)	-9.6	Miscellaneous	
Bread, Biscuits		Barley malt syrup	-9.3	Canned Foods	
(Stored Grains/Risen Dough)		Fructose	-9.5	Processed Foods	
White bread	-10.0	Milk sugar	-9.4	Microwaved Food	