

Acid-Alkaline Chart

Information provided by Norma Whitney
Presented to you by New Sun Health

ELIMINATE FROM DIET

REPLACE WITH

Red Meat - beef & pork-----Fish, turkey, chicken - baked broiled or roasted

White Sugar-----Honey, Maple Syrup

White Bread-----Fresh Rye, Stone-Ground Whole Wheat Flour

Prepared Cereals-----Cooked Whole Grains

“Dead” Foods - Processed or Canned-----Fresh Foods, Raw or Lightly Steamed 60%

Fluid With Meals-----Fluids 30 Minutes Before or After Meals

Iced Beverages With Meals-----Room-Temp Beverages if Taken With Meals

Pop, Coffee, Black Tea, Alcohol-----Herb Teas, Fruit or Vegetable Juices

Table Salt, Black Pepper-----Vegetable Seasoning, Kelp, Capsicum

Cow’s Milk Products, Pasturized-----Goat’s Milk Products, Raw, To-Fu Milk

Head Lettuce-----Leaf Lettuce (Dark Green)

Preservatives-----Foods That Spoil

Fried Foods-----Raw or Lightly Steamed Foods

Tap Water-----Reverse Osmosis Water - or Distilled

Foods Containing Hydrogenated Oils-----Foods Containing Natural Oils

Diet should be 80% alkaline and 20% acid - see chart.

To increase the nutritional value of the food you eat and the supplements you take; it is highly recommended to add vegetable enzymes, i.e., **MASTERZYME OR COOLZYME** to your diet, especially if you eat cooked foods.

*SOME FOOD ITEMS REVERSE WHEN DIGESTION IS PERFECT (Example: Ripe Oranges become Alkaline).

****EAT MELONS ALONE OR LEAVE THEM ALONE****

Melons, a very rich food in all minerals and trace minerals, eaten alone as a whole meal, are the easiest food to digest and assimilate of any. Do not mix any other food with melons.

ALKALINE FORMING FOODS AND ACID FORMING FOODS

1. Vegetable

(Alkaline)

Artichokes
Asparagus
Avocados
Bamboo Shoots
Beans (String)
Beans (Wax)
Beans, Lima (Dried or Fresh)
Beets
Bread, Soy Bean
Cabbage (Red)
Carrots
Celery
Chard
Chives
Corn
Cucumbers
Endive
Garlic
Herbs (All)
Horseradish
Kale
Kohlrabi
Leeks
Lettuce (Leaf)
Okra
Onions(Some)
Oyster Plant
Parsley
Parsnips
Peas (Fresh)
Peppers (Red)
Pimento
Potatoes (Red)
Potatoes (Sweet)
Pumpkin
Rutabagas
Sauerkraut
Soy Bean
Spinach (Raw)
Sprouts (All)
Squash (All kinds-summer)
Tomatoes (Yellow)
Vegetable Oyster

Watercress

Yams

2. Vegetable

(Acids)

Brussel Sprouts
Broccoli Cauliflower
Cabbage
Egg Plant
Lettuce (Head)
Mushroom (Fungus)
Potatoes (Not Red)
Radishes
Spinach (Cooked)
Tomatoes
Turnips

3. Nuts Raw

(Alkaline)

Cashew
Macadamia
Pecan

4. Fruits

(Alkaline)

Apples (Yellow Delicious)
Apricots
Berries (All Dark)
Cherries (Bing)
Grapefruit (Pink)
Grapes (Flame & Concord)
Kumquats
Lemons(Tree Ripened)
Mango
Kiwi
Logan Berries
Loquats
Lemon (Ripe)
**Melons (All Kinds)
Papaya
Passion Fruit
Peaches (One Variety)
Pears (Bosc-Japanese)

5. Fruits

(Acids)

Apple (Red & Green)
Bananas
Berries
Cherries (Light)
Coconut
Currants
Cranberries
Dates
Figs
Grapefruit (White)
Limes
Lemons (Picked Green)
Nectarines
Olives
*Oranges
Peaches (Most)
Pears (Bartlett)
Persimmons
Pineapple
Plums
Prunes
Pomegranate
Prunes
Raisins
Raspberries
Rhubarb
Quince
Strawberries
Tangerines

6. Starches & Sugar

(Alkaline)

Beans (Pinto)
Carob
Corn Bread (Yellow)
Corn Meal (Yellow)
Corn Meal Cereal
Cornstarch
Crackers (Whole grain)
Hominy
Soybeans (Bread/dried)
Spaghetti (Egg Noodle)
Popcorn (Yellow)

Maple Syrup (00% Pure)
Pancake (Alkaline Flour)
Pastries (Alkaline Flour)
Peas (Dried Green)
Rice-Brown, Organic, Short grain
Vegetable Pasta

7. Nuts Raw (Acid)

Almonds
Hickory
Pine
Pistachio
Walnuts (Black & English)

8. Starches & Sugar (Acid)

Banana Squash
Barley
Bran
Bread (Graham)
Bread (Rye)
Bread (White)
Bread (Whole Wheat)
Cereals (All kinds packaged)
Cornmeal (White)
Crackers (White)
Doughnuts
Dressings
Dry Beans (Most)
Dry Peas (Yellow)
Dumplings (White)
Flour (List)
Gravies (Most Kinds)
Honey
Hubbard Squash
Jelly (All Kinds)
Jerusalem Artichokes
Molasses
Pancakes (White)
Pastries (White)
Peanuts
Peas (Dried White)
Potatoes (Brown Skin)
Preserves (White Sugar)
Puddings
Pumpkin
Rice (White/Wild/Long grain
Brown Rice)
Rye Soups (Thick)

Spaghetti (White)
Sugar (All kinds)
Syrups (White Sugar)
Tapioca
Waffles (White)
Wheat

9. Flour List (Alkaline)

Artichoke
Chick Pea
Durham Flour
Masa Harina
Millet
Oat
Rye
Semolina
Soy

10. Flour List (Acid)

Brown Rice
Buckwheat
Barley
Gluten Potato
Wheat (Whole)

11. Proteins (Alkaline)

Avocados (Ripe)
Beans (Pinto)
Buttermilk
Catfish (Farm)
Clams
Cheese (White)
Cornish Hen
Duck
Fish (White)
Goat Milk (Raw)
Lamb
Nuts
Rabbit
Raw Milk
Seeds (Sprouted All)
Turtle
Yogurt Plain

12. Proteins (Acid)

Avocados (Hard)
Cashews
Catfish
Cheese (Yellow)
Cottage Cheese
Crabs
Buck (Wild)
Eggs
Fish (Pink)
Hazel Nits
Hickory Nuts
Lentils
Lobster
Meats (Beef/Pork/Veal)
Mutton
Olives (Green)
Oysters
Peanut (Legume)
Peanut Butter
Pine Nuts
Pistachio Nuts
Poultry (Chicken)
Turkey (Dark Meat)
Shrimp
Scallops
Squab
Venison
Milk (Low Protein)

13. Miscellaneous (Alkaline)

Butter (Sweet)
Carob
Chocolate Bitter
Chlorophyll (NSP)
Herbal Beverage (NSP)
Herb Teas
Olive Oil (Bertolli)

14. Miscellaneous (Acid)

Coffee
Pepper
Salt (Crude Table)