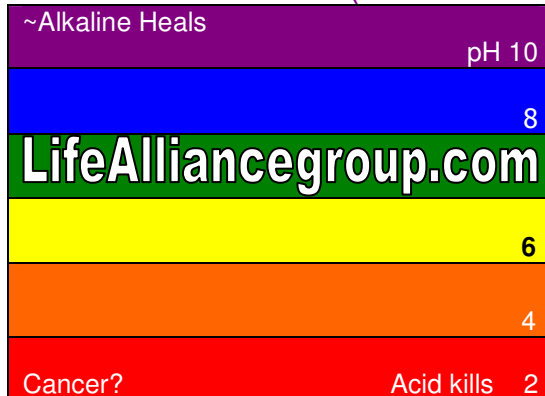


# Alkaline-Acid Foods & Beverage Chart

Intake More Alkaline (blue and violet)



Avoid Acidic (red, orange and yellow)

To find a food or beverage item select "Edit" above, then "Find" type the item and hit "Find next."

Contact [tina@mca-global.com](mailto:tina@mca-global.com) ♦ [www.lifealliancegroup.com](http://www.lifealliancegroup.com)

Food-Water or Beverage Listing	<-acidic pH alkaline->					
	Avoid!			Intake More		
	1-2	3-4	5-6	pH 7	8-8.5	9-10
Most important is water because you are a 70%, trillion cell, water body aquarium!	Red	Orange	Yellow	Green	Blue	Purple
<b>Water (alkaline ionized pH 9-10, -500 mv ORP)</b>						<b>YES!</b>
<b>Water (Fresh Spring at Source)</b>				X		
<b>Water (Fiji, Hawaiian, Evian still)</b>				X		
<b>Water (Filtered Tap)</b>				X		
<b>Water (sparkling, Reverse Osmosis, Distilled)</b>	NO!					
<b>Energy Drinks (All Carbonated)</b>	NO!					
<b>Soda (Coke Pepsi all carbonated)</b>	NO!					
Cancer? Ionized water and fresh organic vegetable juice						
<b>Sprouted seeds (all kinds)</b>						<b>YES!</b>
<b>Straw grass</b>						<b>YES!</b>
<b>Wheat grass</b>						<b>YES!</b>
<b>Alfalfa grass</b>						<b>YES!</b>
<b>Barley grass</b>						<b>YES!</b>
<b>Cucumber, fresh</b>						<b>YES!</b>
<b>Dandelion</b>						<b>YES!</b>
<b>Dog grass</b>						<b>YES!</b>

Shave grass					YES!
Jicama					YES!
Kale					YES!
Kamut grass					YES!
Soy Sprouts					YES!
Soy lecithin, pure					YES!
Soy nuts ( <i>soaked soy beans, then dried</i> )					YES!
Summer black radish					YES!
<hr/>					
Avocado (protein)					YES!
Tomato					YES!
Granulated soy ( <i>cooked, ground</i> )					YES!
Lima beans					YES!
Soybeans, fresh					YES!
white (navy) beans					YES!
Baking soda					YES!
Fresh red beet					YES!
Red radish					YES!
Alfalfa					YES!
Cabbage lettuce, fresh					YES!
Cayenne pepper					YES!
Celery					YES!
Cilantro					YES!
Endive, fresh					YES!
French cut ( <i>green</i> ) beans					YES!
Garlic					YES!
Ginger					YES!
Oregano					YES!
Sorrel					YES!
Spinach ( <i>other than March</i> )					YES!
Corn Tortillas		x			
Rye bread			x		
Sourdough bread		x			
White biscuit			x		
White bread		x			
Whole-grain bread			x		
Whole-meal bread			x		
Ketchup		x			
Mayonnaise		x			
Miso		x			
Mustard		x			
Soy sauce		x			
Buttermilk				x	
Cheese (all varieties, from all milks)		x			
Cream			x		
Egg whites		x			

Eggs (whole)		x				
Homogenized milk			x			
Milk (not pasteurized)			x			
Milk (pasteurized)		x				
Paneer (cheese)		x				
Quark		x				
Yoghurt (sweetened)		x				
Yoghurt (unsweetened)			x			
Beer	NO!					
Coffee	NO!					
Coffee substitute drinks			x			
Fruit juice (natural)			x			
Fruit juice (sweetened)	NO!					
Liquor	NO!					
Soda/Pop	NO!					
Tea (black)	NO!					
Tea (herbal, green)				x		
Wine		x				
Borage oil				x		
Butter			x			
Coconut Oil (raw)				x		
Cod liver oil			x			
Corn oil			x			
Evening Primrose oil				x		
Flax seed oil				x		
Margarine			x			
Marine lipids				x		
Olive Oil				x		
Sesame oil				x		
Sunflower oil			x			
Acai Berry			x			
Apples			x			
Apricot			x			
Apricots			x			
Apricots (dried)			x			
Banana (ripe)		x				
Banana (unripe)				x		
Black currant			x			
Blackberries			x			
Blueberry			x			
Cantaloupe			x			
Cherry, sour				x		
Cherry, sweet			x			
Clementines			x			
Coconut, fresh				x		
Cranberry			x			

Currant			X			
Dates			X			
Dates (dried)			X			
Fig juice powder			X			
Figs (dried)				X		
Figs (raw)				X		
Fresh lemon				X		
Goji berries			X			
Gooseberry, ripe			X			
Grapefruit			X			
Grapes (ripe)			X			
Italian plum			X			
Limes				X		
Mandarin orange		X				
Mango			X			
Nectarine			X			
Orange			X			
Papaya			X			
Peach			X			
Pear			X			
Pineapple		X				
Pomegranate		X				
Raspberry		X				
Red currant			X			
Rose hips		X				
Strawberries			X			
Strawberry			X			
Tangerine			X			
Watermelon			X			
Yellow plum			X			
Basmati rice			X			
Brown rice		X				
Buckwheat				X		
Bulgar wheat			X			
Couscous			X			
Kamut				X		
Lentils				X		
Oats			X			
Rye bread			X			
Soy flour				X		
Spelt				X		
Tofu				X		
Wheat		X				

Beef	NO!					
Buffalo		x				
Chicken		x				
Duck		x				
Fresh water fish		x				
Liver			x			
Ocean fish		x				
Organ meats			x			
Oysters			x			
Pork	NO!					
sardines (canned)	NO!					
Tuna (canned)	NO!					
Veal	NO!					
Wild salmon,						
Apple Cider Vinegar			x			
Bee pollen				x		
Canned foods		x				
cereals (like Kellogg's etc)		x				
Hummus			x			
Microwave foods						
POPCORN			x			
Rice milk			x			
Royal Jelly				x		
Soy Protein Powder			x			
Tempeh			x			
Whey protein powder			x			
Almond				x		
Almond butter (raw)				x		
Brazil nuts			x			
Cashews			x			
Filberts			x			
Hazelnut			x			
Macadamia nuts (raw)			x			
Peanut butter (raw, organic)		x				
Peanuts		x				
pine nuts (raw)				x		
Pistachios		x				
Walnuts			x			
Carrot				x		
Kohlrabi				x		
Potatoes				x		
Rutabaga				x		
sweet potatoes			x			

Turnip				X		
White radish (spring)				X		
Yams				X		
Barley			X			
Caraway seeds				X		
Cumin seeds				X		
Fennel seeds				X		
Flax seeds			X			
Pumpkin seeds			X			
Sesame seeds				X		
Sunflower seeds			X			
Wheat Kernel		X				
Agave nectar			X			
Alcohol sugars (xylitol and the other sacharides.		X				
Artificial sweeteners	NO!					
Barley malt syrup			X			
Beet sugar		X				
Brown rice syrup			X			
Chocolates		X				
Dr. Bronner's barley malt sweetener			X			
Dried sugar cane juice			X			
Fructose			X			
Halva [ground sesame seed sweet]		X				
Honey			X			
Maple Syrup			X			
Milk sugar			X			
Molasses		X				
Sugar (white)		X				
Sugarcane		X				
Turbinado sugar			X			
Xylitol		X				
Artichokes				X		
Asparagus				X		
Aubergine/Egg plant				X		
Basil				X		
Bell peppers/capsicums (all colors)				X		
Blue-Green Algae			X			
Bok Choy				X		
Brussels sprouts				X		
Canned vegetables		X				
Cauliflower				X		
Chives				X		
Comfrey				X		
Cooked vegetables (all kinds)			X			

Frozen vegetables		x				
Ginseng				x		
Green cabbage, ( <i>December Harvest</i> )				x		
Green cabbage, ( <i>March Harvest</i> )				x		
Horse radish				x		
Lamb's lettuce				x		
Leeks (bulbs)				x		
Lettuce				x		
Mushrooms		x				
Mustard greens				x		
Onion				x		
Parsnips				x		
Peas, fresh				x		
Peas, ripe				x		
Peppers				x		
Pickled vegetables	NO!					
Pumpkins (raw)				x		
Raw onions				x		
Red cabbage				x		
Rhubarb stalks				x		
Savoy Cabbage				x		
Sea Vegetables				x		
Seaweed (dulse, kelp, laver, etc)				x		
Sauerkraut		x				
Spinach ( <i>March harvest</i> )				x		
Squash (all kinds, raw)				x		
Thyme				x		
Tomatoes (puree)						
Tomatoes (raw)				x		
Tomatoes (sundried)						
Watercress				x		
White cabbage				x		
Yeast			x			
Zucchini				x		

**Note:** You must alkalize your body to prevent cancer and other major disease. Alkaline ionized water is the single most effective way to balance cellular pH and stay that way...easily.

Questions? contact [tina@mca-global.com](mailto:tina@mca-global.com) ♦ [www.lifealliancegroup.com](http://www.lifealliancegroup.com)