

<< Are You Eating Enough Alkaline Foods? >>

# Maintain Vital Health

People's needs vary, but for most, the ideal diet is 75 percent alkalinizing and 25 percent acidifying foods by volume.

## Acidifying Foods

### FATS & OILS

Avocado Oil  
Canola Oil  
Corn Oil  
Flax Oil  
Hemp Seed Oil  
Lard  
Margarine  
Olive Oil  
Peanut Oil  
Safflower Oil  
Sesame Oil  
Shortening  
Sunflower Oil

### FRUITS

Cranberries  
Plums  
Prunes

### GRAINS/ FLOURS

Amaranth

### Peanut Butter

Peanuts  
Pecans  
Rice Milk  
Soy Milk  
Tahini Paste  
Walnuts

### ANIMAL

### PROTEINS

Bacon  
Beef  
Chicken  
Corned Beef  
Cottage Cheese  
Eggs  
Fish  
Lamb  
Pork  
Rabbit  
Sausage  
Shell Fish (Scallops, Mussels, Lobster, Shrimp, Clams & Oysters)

### Turkey

Veal  
Venison

### PASTA - (ALL)

Corn Pasta  
Egg Noodles  
Rice Pasta  
White Pasta  
Whole Wheat Pasta

### OTHER

Bread  
Coffee  
Condiments  
Corn Syrup  
Crackers  
Distilled Vinegar  
Dry Coconut  
Potatoes  
Soft Drinks  
Sugar - (All)  
Wheat Germ

### DRUGS &

### CHEMICALS

Chemicals  
Drugs - (All)  
Herbicides  
Pesticides

### ALCOHOL

Beer  
Liquor  
Spirits  
Wine

### BEANS & LEGUMES

Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Lima Beans  
Pinto Beans  
Red Beans  
Soy Beans  
White Beans

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# Alkaline Acid Food Chart

This chart shows the contribution of various food substances to the acidifying of body fluids. In general, it is important to eat a diet that contains foods from both sides of the chart. Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

Check your pH using our Personal pH Test Kit to find out if your selections are providing the desired balance.

We hope you will find this chart helpful on your journey to better health. If total vibrant health is your goal, your best investment is a telephone consultation with one of our Natural Healthcare Practitioners. They will build a program specifically tailored to your personal wellbeing along with knowledgeable product support. Call 1.800.592.9653 today or visit our websites at [www.TheWolfeClinic.com](http://www.TheWolfeClinic.com) or [www.ShopTheWolfeClinic.com](http://www.ShopTheWolfeClinic.com).

## Alkalizing Foods

<b>VEGETABLES</b>	Mustard Greens	Cherries	Flax Seeds	Fresh Fruit Juices	Miso
Asparagus	Onions	Currants	Hemp Seed	Ginseng Tea	Mustard
Beets	Parsnips	Dates/Figs/Raisins	Millet	Green Juices	Sea Salt
Broccoli	Peppers	Grape-fruit	Pumpkin Seeds	Green Tea	Tamari
Brussel Sprouts	Pumpkin	Grapes	Sprouted Seeds	Herbal Tea	<b>ORIENTAL</b>
Cabbage	Rutabaga/Turnip	Kiwi	Squash Seeds	Kombucha	<b>VEGETABLES</b>
Carrots	Sea Vegetables	Lemons	Sunflower Seeds	Lecithin Granules	Daikon
Cauliflower	Snap Peas	Limes	Tempeh - (Fermented)	Mineral Water	Dandelion Root
Celery	Spinach	Mango	Whey Protein Powder	Organic Milk	Kombu
Chard	Sprouts	Melons - (All)	Yogurt	(Un-pasteurized)	Maitake
Collard Greens	Squashes	Nectarines	<b>OTHER</b>	Probiotic Cultures	Nori
Cucumbers	Sweet Potatoes	Oranges	Alfalfa	Vegetable Juices	Reishi
Dulse	Watercress	Papaya	Alkaline - Water	Wheat Grass	Sea Vegetables
Eggplant	Wild Greens	Peaches	Apple Cider Vinegar	<b>SWEETENERS</b>	Shitake
Fermented	<b>FRUITS</b>	Pears	Banchi Tea	"Stevia"	Umeboshi
(Vegetables)	Apples	Pineapples	Barley Grass	<b>SPICES/SEASONINGS</b>	Wakame
Garlic	Apricots	Tangerines	Bee Pollen	Chilli Peppers	
Kale	Avocados	Tomatoes	Chlorella	Cinnamon	
Kohlrabi	Bananas	Watermelon	Coconut Oil	Curry	
Lettuce - (All)	Berries - (All)	<b>PROTEINS</b>	Dandelion Tea	Ginger	
	Cantaloupe	Almonds	Dandelions	Herbs - (All)	
		Chestnuts			

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