

**The pH of Foods [Editor's Note: This info comes from [www.energiseforlife.com](http://www.energiseforlife.com), accessed July 30, 2007.]**

The relative alkalinity or acidity of food is measured by the pH value of the ash residue that remains after the food has been metabolised by our body. This ash can be acid, alkaline or neutral depending largely upon the mineral content of the food.

As a basic rule - potassium, calcium, magnesium, zinc, silver, sodium and iron leave an alkaline residue while sulphur, chlorine, phosphorous and iodine create an acid environment.

The foods that are either alkalising or acidifying are very easy to categorise. The common sense 'bad' foods (sugar, refined foods, foods high in saturated fat and trans fats, meat, dairy, yeast, fizzy drinks, crisps, chocolate, alcohol etc) all leave an acid ash. Conversely, the common sense 'good foods' (salads, vegetables etc) are alkalising.

The confusing food for many people is fruit. The bottom line is that due to the extremely high sugar content, most fruits have an acidifying effect on the body. This is a great shame due to the nutrients that they also contain. However, the con's outweigh the pro's. The fruits that are an exception to this rule include: avocado, lime, lemon, watermelon and tomato.

**Food pH Chart (The pH score given is an approximate relative potential of acidity (-) or alkalinity (+) within one ounce of food):**

Alkalising Foods/Drinks	Relative pH	Acidifying Foods/Drinks	Relative pH
Cucumber	+31.5	Pork	-38.0
Alfalfa Sprouts	+29.3	Veal	-35
Soy Sprouts	+29.5	Beef	-34.5
Avocado	+15.6	Chicken	-18
Tomato	+13.6	Eggs	-18
Summer Radish	+39.4	Hard Cheese	-18.1
Kamut Grass	+27.6	Quark	-17.3
Carrot	+9.5	Cream	-3.9
Soy Beans (soaked)	+12.8	White Bread	-10
Soy Lecithin (pure)	+38	Wholemeal Bread	-6.5
Cabbage	+14.1	Rye Bread	-2.5
Celery	+13.3	Pistachios	-16.6
Garlic	+13.2	Peanuts	-12.8
Spinach	+13.1	Cashews	-9.3
Watercress	+7.7	Margarine	-7.5
Leeks	+7.2	Corn Oil	-6.5
Courgette	+5.7	Butter	-3.9
Fresh Soy Beans	+12	Artificial Sweeteners	-26.5
Tofu	+3.2	Chocolate	-24.6
Lemons	+9.9	White Sugar	-17.6
Limes	+8.2	Fructose	-9.5
Cucumber	+31.5	Honey	-7.6
Wheatgrass	+33.8	Ketchup	-12.4
Sprouted Radish Seeds	+28.4	Mayonnaise	-12.5
Barley Grass	+28.1	Mustard	-19.2
Red Cabbage	+6.3	Soy Sauce	-26.2
Almonds	+3.6	Vinegar	-39.4
Olive Oil	+1	Liquor	-38.7
Flax Seed Oil	+3.5	Wine	-16.4
Turnip	+8	Beer	-26.8
Asparagus	+1.3	Coffee	-25.1
Onion	+3.0	Fruit Juice (Natural)	-8.7
Watermelon	-1.0	Fruit Juice (Processed)	-33.6
		Tea (Black)	-27.1

\*Source - [Back to the House of Health](#) (Redford-Young, S)