

<< 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

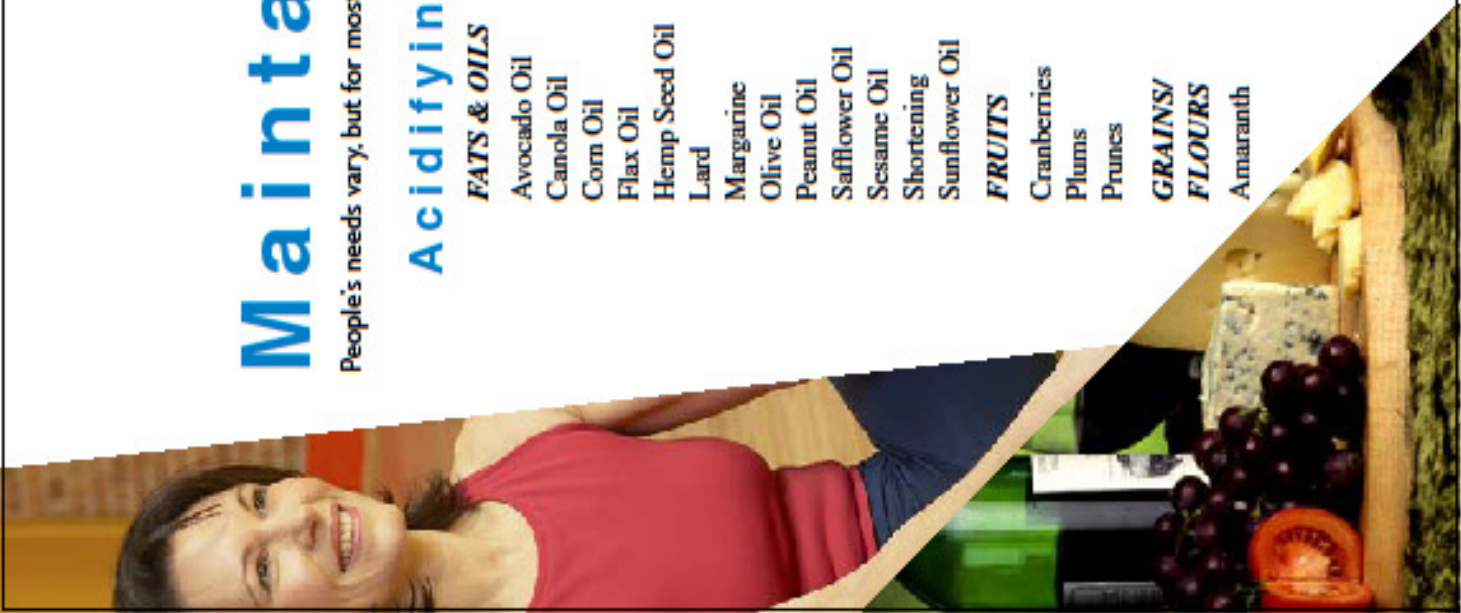
ALCOHOL

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 or www.ShopTheWolfeClinic.com.

Alkalizing Foods

VEGETABLES	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	ORIENTAL
Cabbage	Rutabaga/Turnip	Kiwi	Squash Seeds	Kombucha	VEGETABLES
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	OTHER	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	SWEETENERS	Shitake
Fermented	FRUITS	Pears	Banchi Tea	"Stevia"	Umeboshi
(Vegetables)	Apples	Pineapples	Barley Grass	SPICES/SEASONINGS	Wakame
Garlic	Apricots	Tangerines	Bee Pollen	Chilli Peppers	
Kale	Avocados	Tomatoes	Chlorella	Cinnamon	
Kohlrabi	Bananas	Watermelon	Coconut Oil	Curry	
Lettuce - (All)	Berries - (All)	PROTEINS	Dandelion Tea	Ginger	
	Cantaloupe	Almonds	Dandelions	Herbs - (All)	
		Chestnuts			

