

MORE ACID

(Consume Less)

Food Category	Food Category	Food Category	Food Category	Food Category
Citrus Fruit	Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Cherimoya Date Dry Fruit	Orange Banana Blueberry Raisin, Grapes Currant Strawberry
Bean Vegetable Legume Pulse Root	Soybean Carb	Bean Pinto White Navy/Red Aduki Lima or Mung Chick Pea Split Pea	Bean Fava Kidney Black-eyed String/Wax Squash Zucchini Chutney Rhubarb	Brussel Sprout Beet Chive/Scallion Celery/Cilantro Squash Artichoke Lettuce Jicama Turnip Greens
Grain Cereal Grass	Barley Processed Flour	Wheat Spelt, eif White Rice Buckwheat	Triticale Brown Rice Millet Kasha	Quinoa Wild Rice Oat
Fowl	Pheasant	Goose/Turkey	Wild Duck	Egg, Duck
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish	Egg, Quail
Egg			Egg, Chicken	
Processed Dairy Cow/Human Soy Goat/Sheep	Processed Cheese Ice Cream	Casein Cottage Cheese Milk, Soy	Cream/Butter Yogurt Cheese; Goat, Sheep	Ghee Human Breast Milk
Oil Seed/Sprout Nut	Cottonseed Oil/Mead Fried Food Hazelnut Walnut Brazil Nut	Chestnut Palm Kernel Lard Pistachio Seed Pecan	Oil Canola Pumpkin seed Grape Seed Sunflower Pine Nut	Oil Avocado Coconut Olive/Macadamia Lined/Flax Seeds (most)
Beverage Preservative Sweetener Vinegar	Beer "Soda" Table Salt Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	Coffee Aspartame Saccharin Red Wine Vinegar	Kona Coffee MSG Honey/Maple Syrup Rice Vinegar	Ginger Tea Sulifire Succanat Umehoshi vinegar
Spice/Herb	Puttding/Jam/Jelly	Nutmeg	Curry	White Willow Bark Slippery Elm Artemesia Annua Algae, Blue Green
Therapeutic	Antibiotics	Psychotropics	Antihistamines	

MORE ALKALINE

(Consume More)

Food Category	Food Category	Food Category	Food Category	Food Category
Citrus Fruit	Lime Nectarine Raspberry Watermelon Tangerine Pineapple	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Cantaloupe Honeydew Olive Mango Citrus Loganberry	Citrus Fruit
Bean Vegetable Legume Pulse Root	Lentil Broccoli/flower Seaweed Norik/Kombu Wakame/Hijiki Onion/Miso Daikon/Farro Root Sea Vegetables Burdock/Lorus Root Sweet Potato/Yam	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Jerusalem Artichoke Broccoli	Bean Vegetable Legume Pulse Root
Grain Cereal Grass				Grain Cereal Grass
Fowl				Fowl
Meat Game Fish/Shell Fish				Meat Game Fish/Shell Fish
Egg				Egg
Processed Dairy Cow/Human Soy Goat/Sheep				Processed Dairy Cow/Human Soy Goat/Sheep
Oil Seed/Sprout Nut	Pumpkin Seed	Oil Cod Liver Peanut Sesame Seed Almond Sprout	Poppy Seed Pepper Chestnut Cashew	Oil Seed/Sprout Nut
Beverage Preservative Sweetener Vinegar	Mineral Water Sea Salt	Green or Mu Tea Rice syrup Apple Cider Vinegar	Kambucha Molasses Soy Sauce	Beverage Preservative Sweetener Vinegar
Spice/Herb	Baking Soda	Herbs Aloe Vera Nettle	Salices/Cinnamon Valerian Licorice Agave	Spice/Herb
Therapeutic	Umehoshi Plum	Sake		Therapeutic

Italicised items are NOT recommended

Know your pH. See Appendix A in the new *Alkaline Way* guide or visit FUPH.PERQUE.com for easy to follow instructions for checking your pH. If your pH is under 6.5, ask your healthcare practitioner about alkalizing PERQUE Mg PLUS Guard (MPGC.PERQUE.com) and PERQUE Choline Citrate (CCGL.PERQUE.com).