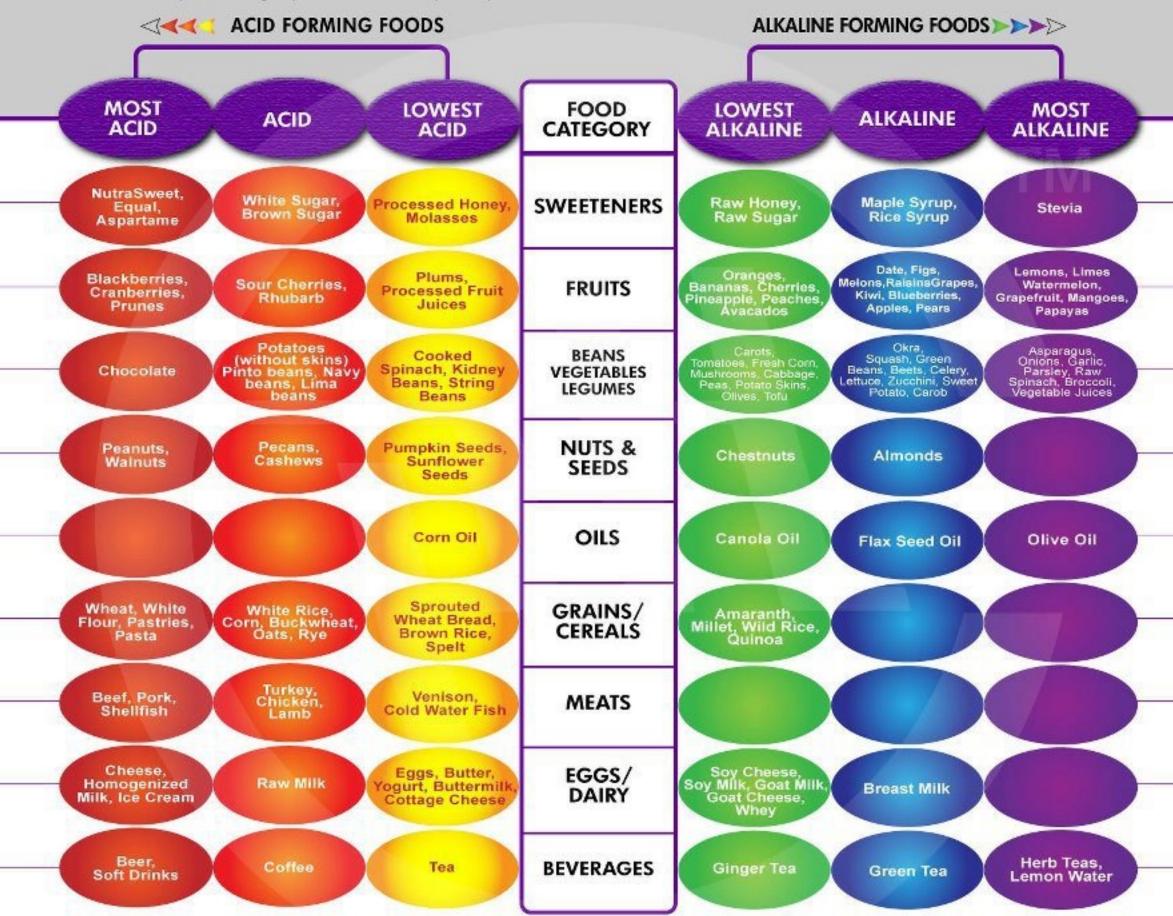
## ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.



\*The colors used for this chart are not directly relative to the pH scale.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.