



What is pH balance?

pH means "potential for hydrogen", a term used in chemistry, which indicates whether a solution, fluid or compound is acidic, alkaline, or neutral.

pH can be measured in our bodies by testing saliva and urine or blood (pH strips are available for the first 2 tests), and if we have a heavy concentration of hydrogen in our systems, we are "acid based."

help us stay in the neutral zone, our bodies use calcium and protein from bones, and possibly other places, to pump more alkaline to our systems in order to neutralize formation of acids, so as to keep us in balance. After the passage of time, if we fail to keep our systems in balance, and we become acid based, our bone formation will be reduced, calcium will be lost in our urine (leading to kidney stone formation),



ACIDITY OF FRESH FRUITS, VEGETABLES, AND COMMON FOODS

(^a means "Radical, Redox" for reasons other than acidity)

	pH		pH
Lime	2.7	Banana	5.6
Lemon	2.9	Prickly pear	5.7
Pineapple	3.0	Tomato - Roma	5.8
Apples - Macintosh	3.2	Potato - Yukon gold	6.0
Nectarines	3.3	Cucumber	6.0
Pomegranate	3.3	Endive	6.0
Strawberry	3.4	Onion - white	6.1
Kiwi	3.4	Eggplant	6.1
Strawberries	3.5	Cabbage - green	6.1
Grape - green, seedless	3.6	Cabbage - Savoy	6.1
Peaches	3.6	Spinach - not canned	6.1
Apples - Granny Smith	3.6	Mushroom - domestic	6.1
Pineapple	3.7	Yams	6.1
Blackberries	3.7	Radish - red/black	6.1
Brie cheese	3.7	Beets	6.1
Mango	3.7	Parsley - Italian	6.1
Apples - McIntosh	3.7	Quinoa - Spanish	6.2
Orange - navel	3.8	Green beans - raw	6.2
Cherries	3.9	Green beans - cooked	6.2
Apples - Fuji	4.0	Cabbage - red	6.3
Apples - Red Delicious	4.2	Turnip	6.3
Apples - Gala	4.2	Broccoli - cooked	6.3
Raspberries	4.2	Broccoli - raw	6.3
Tomato - Roma	4.2	Quinoa - Spanish, white, raw	6.3
Tomatoes ^a - Mexican	4.3	Onion - white, sweet	6.4
Tomatoes ^a - Roma (raw or cooked)	4.4	Ginger	6.5
Tomatoes ^a - Beefsteak (cooked)	4.5	Mushroom - portobello	6.5
Tomatoes ^a - Mexican (cooked)	4.6	Zucchini	6.6
Bell pepper - orange	4.8	Artichoke - water	6.6
Bell pepper - red	4.9	Corn	6.9
Yogurt (organic, full fat, 2% milk)	4.9	Rennet	7.0
Bell pepper - Italian	5.0	Carrots	7.0
Bell pepper - green	5.1	Jarred (with 2% milk)	7.2
Pea - Dungeness	5.3	Avocado	7.8
Gherkin	5.4		

For more information about The Alkaline Diet (for example, the pH levels of many dried fruits and yogurts) and to check out our list of references, go to www.wikiwand.com/wiki/alkaline_diet.

