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ACID-ALKALINE CHART

RECOMMENDED ALKALINE FORMING FOODS	RECOMMENDED ACID FORMING FOODS	NOT RECOMMENDED ACID FORMING FOODS
SPROUTS: Small Seeds, Beans + most Grains	FRUITS (Most are alkaline forming except: Blueberries, Cranberries, Plums & Prunes	LARGE GRAINS: Barley, Rice (Basmati, Brown & White) Oats & Wheat (slightly acid)
LEAFY + ROOT VEGETABLES	GRAINS (Soaked): Buckwheat (Slightly Acid), Rye	REFINED SUGAR: Candy & Sodas too
VINE RIPENED FRUITS + VEGETABLES: Cucumbers, squash, tomatoes, bell peppers etc.	DRY BEANS (Soaked)	SALT
SEA VEGETABLES - Dulse, Nori, Wakame	NUTS (Soaked): Hazelnuts, Pecans & Walnuts	ALCOHOL
FRESH FOOD HERBS	SEEDS (Soaked): Pumpkin & Sunflower	COFFEE
CAYENNE PEPPER	AGAVE	WHEAT FLOUR
GARLIC & ONIONS	BROWN RICE SYRUP	VINEGAR
TREE - RIPENED FRUITS	DATES	REFINED CONDIMENTS: Ketchup, Mustard, Mayonaise, etc.
SMALL GRAINS: Amaranth, millet, quinoa, teff, etc.	<p>THE BODY NEEDS A BALANCE OF ALKALINE + ACID FORMING FOODS</p> <p>80-20 RULE: Eat 80% From Alkaline Forming Food Lists Eat 20% From Acid Forming Food Lists</p>	DAIRY PRODUCTS
FRESH BEANS		CHOCOLATE
FRESH SWEET CORN		HYDROGENATED OILS
SESAME SEEDS: Soaked		ANIMAL PROTEINS
NUTS: Soaked (most nuts are acid - forming except: Almonds, Frsh Coconut (W/ Jelly) & Pine Nuts		NON FOOD ITEMS:
FRESH SQUEEZED GREEN VEGETABLE JUICES		Stress
COLD PRESSED OILS		Anger, Anxiety & Worry
NON FOOD ITEMS: Laughter		Medication
Meditation & Breathing Exercises		Tobacco
Self Esteem		Lack of Sleep
	Dehydration	
	Lack of Exercise	
	Lack of Oxygen	

