

Food Guide

to help keep
your body pH balanced



This list indicates the contribution of various food substances to the acidity or alkalinity of your body fluids and, ultimately, to the urine, saliva, and venous blood. Your kidneys help to maintain the neutrality of your body fluids by excreting the excess acid or alkali in the urine. In general, it is important to maintain a diet that contains foods from both categories—ideally 75 percent alkaline- and 25 percent acid-ash-forming foods. Allergic reactions and other forms of stress tend to produce acids in the body. High acidity indicates that more of your foods should be selected from the alkaline food group.

Check your saliva or urine pH by using the AIM pH Test Kit (5488E).

(This chart is a guideline only.)

Alkaline-Ash-Forming Foods

Vegetables

Asparagus
Beets (tops & roots)
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chlorella (algae)
Collard greens
Cucumber
Daikon
Dandelion root
Dulse
Eggplant
Fermented vegetables
Garlic
Kale
Lettuce (dark)
Lentils
Mushrooms
Mustard greens
Nori
Onions
Parsnips
Peas
Peppers
Potatoes
Pumpkin
Rutabaga

Sea vegetables
Spinach
Spirulina (algae)
Sprouts (all types)
Squash
Watercress
Wild greens

Beverages

Dry red wine
Fresh fruit juice (unsweetened)
Mineral water (non-carbonated)
Quality water
Unsweetened almond milk
Vegetable juices

Dairy

Fresh goat milk
Soft goat cheese

Fats & Oils

Flax seed oil
Extra virgin olive oil
Sesame oil
Sunflower oil
Hemp seed oil

Fruits

Apples
Apricots
Avocado
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Currants
Dates
Grapes
Grapefruits
Honeydew
Lemon
Lime
Nectarine
Oranges
Papayas
Peaches

Pears
Pineapples
Raisins
Raspberry
Rhubarb
Strawberries
Tangerine
Tomatoes
Watermelon

Grains

Light & dark flax seed
Hemp seeds
Millet
Quinoa
Wild rice
Whole oats

Grasses & Sprouts

All sprouts
Alfalfa grass
Wheat grass

Nuts & Seeds

Almonds
Brazil nuts
Coconut
Flax seeds
Hazelnuts
Pumpkin seeds
Sesame seeds
Sunflower seeds

Other

Apple cider vinegar
Bee pollen
Dairy-free probiotic cultures
Organic yogurt
Soy lecithin granules

Teas

Chamomile tea
Dandelion tea
Green tea
Herbal teas

Spices & Seasonings

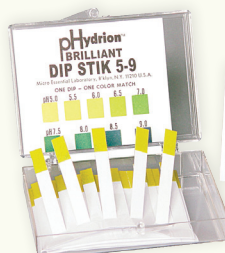
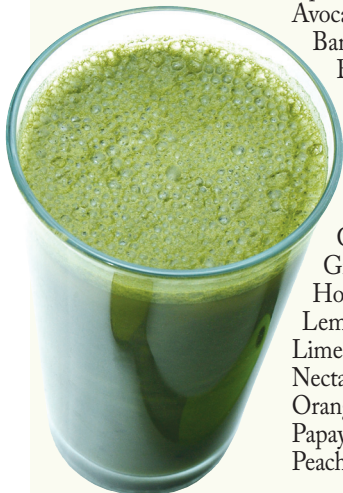
All herbs
Chili peppers
Cinnamon
Curry
Ginger
Mustard
Miso
Salt (sea, Celtic)

Sweeteners

Molasses, raw
Honey, unpasteurized

AIM Alkalinizing Helpers

AIMega
BarleyLife
CalciAIM
FloraFood (probiotics)
LeafGreens
ProPeas (protein)



Acid-Ash-Forming Foods

Animal protein

Beef
Carp
Chicken
Clams
Duck
Eel
Haddock
Halibut
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison
Eggs

Beverages

Alcohol
Coffee
Tea (black)
Soft drinks
Soy milk

Dairy products

Processed cheese – cow, sheep
Milk
Ice cream

Fats & Oils

Avocado oil
Canola oil
Corn oil
Grape seed oil
Lard
Safflower oil

Fruits

Dried fruit
Fruit juice (sweetened)

Grains

Amaranth
Buckwheat
Flour
Kamut
Oats (rolled)
Pasta
Rice (white, brown, basmati)
Rye
Spelt
Wheat
White bread

Nuts

Cashews
Peanuts
Peanut butter
Pecans
Pistachios

Others

Brewers yeast
Distilled vinegar
Olives
Pickles
Tofu

Sweets & Sweeteners

Candy
Honey (commercial)
Maple syrup
Sugar
Artificial sweeteners

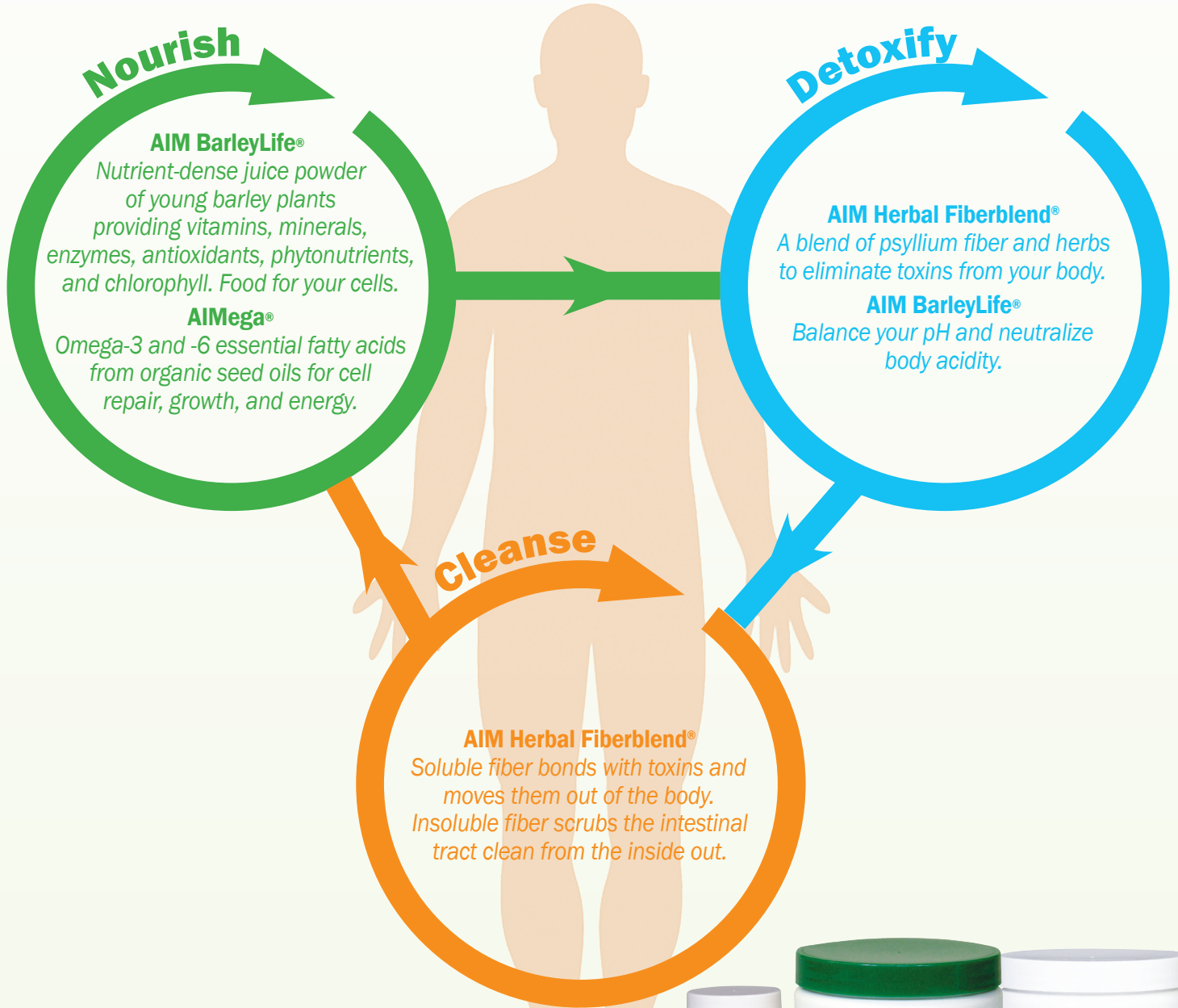
Vegetables

Black beans
Chick peas
Corn
Kidney beans
Lima beans
Pinto beans
Red beans
Soybeans
White beans

Drugs & Chemicals

Build a Stronger You

You support your body when you Nourish, Detoxify (gently), and Cleanse (eliminate) daily. Detoxifying also frees the body up to help replenish nutrients. The nutritional matrix of greens, essential fatty acids, and fiber in the AIM Daily Essentials gives your body the support it needs to heal and rebuild so that you stay strong and healthy. By providing these nutrients at the cellular level, you can stay younger longer. Try it and notice the difference.



AIM Daily Essentials