

Food Guide

to help keep
your body pH balanced



(This chart is a guide only and not all inclusive.)

This list indicates the effects of various food substances on the acidity or alkalinity of your body fluids and ultimately, to the urine, saliva, and 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-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 the pH of your saliva or urine by using the AIM pH Test Kit (code 5488E).

Alkaline-Forming Foods

Vegetables	Onions	Grapefruits	
Asparagus	Parsnips	Honeydews	
Beets (tops & roots)	Peas	Lemons	
Broccoli	Peppers	Limes	Teas
Brussel sprouts	Potatoes	Nectarines	Chamomile tea
Cabbage	Pumpkin	Oranges	Dandelion tea
Carrots	Rutabaga	Papayas	Green tea
Cauliflower	Sea vegetables	Peaches	Herbal teas
Celery	Spinach	Pears	Spices & Seasonings
Collard greens	Squash	Pineapples	All herbs
Cucumber	Watercress	Raisins	Chili peppers
Daikon	Wild greens	Raspberries	Cinnamon
Dandelion root	Beverages	Rhubarb	Curry
Dulse	Fresh fruit juice	Strawberries	Ginger
Eggplant	(unsweetened)	Tangerines	Mustard
Fermented	Mineral water	Tomatoes (raw)	Miso
vegetables	(non-carbonated)	Watermelons	Salt
Garlic	Pure water	Grains	Sweeteners
Kale	Unsweetened	Flax seeds	Molasses
Lettuce (dark)	almond	Hemp seeds	Honey
Lentils	or rice milk	Millet	AIM Alkalinizing
Mushrooms	Vegetable juices	Quinoa	Helpers
Mustard greens	Fats & Oils	Whole oats	AlMega®
Nori	Flax seed oil	Nuts & Seeds	BarleyLife®
	Olive oil	Almonds	CalciAIM™
	Sesame oil	Brazil nuts	CoCoo LeafGreens™
	Sunflower oil	Coconut	FloraFood®
	Hemp seed oil	Flax seeds	FloraFood®
	Fruits	Hazelnuts	Just Carrots®
	Apples	Pumpkin seeds	LeafGreens™
	Apricots	Sesame seeds	ProPeas®
	Avocados	Sunflower seeds	
	Bananas	Other	
	Blackberries	Apple cider vinegar	
	Blueberries	Bee pollen	
	Cantaloupes	Dairy-free	
	Cherries	probiotic	
	Currants	cultures	
	Dates	Yogurt	
	Grapes		



Acid-Forming Foods

Animal protein	Grains
Beef	Amaranth
Carp	Barley
Chicken	Buckwheat
Clams	Flour
Duck	Kamut
Eel	Pasta
Haddock	Rye
Halibut	Spelt
Lamb	Wheat
Lobster	White bread
Mussels	Nuts
Oyster	Cashews
Pork	Peanuts
Rabbit	Peanut butter
Salmon	Pecans
Shrimp	Pistachios
Scallops	Walnuts
Tuna	Others
Turkey	Brewers yeast
Venison	Distilled vinegar
Eggs	Olives
Beverages	Pickles
Alcohol	Tofu
Coffee	Sweets &
Tea (black)	Sweeteners
Soft drinks	Candy
Soy milk	Sugar
Dairy products	Artificial sweeteners
Processed cheese	Vegetables
Milk	Black beans
Ice cream	Chick peas
Fats & Oils	Corn
Canola oil	Kidney beans
Lard	Lima beans
Fruits	Pinto beans
Fruit juice	Red beans
(sweetened)	White beans
	Drugs & Chemicals

Balance your Body pH

While striving for good health, we focus on measuring cholesterol, blood pressure, blood sugar, calories, etc. However, the measurement most important to your health is the pH of your blood and tissues. How acidic or alkaline is your body pH?

What is pH?

The acid or alkaline measurement of your body is classified in pH (potential of hydrogen) factors. The pH scale ranges from 0–14 with 7 being neutral. A pH above 7 is basic (or alkaline); below 7 is acidic (The AIM pH test kit measures a range from 5.0–9.0). Acids and bases are chemicals that are opposites. When they meet in certain ratios, they cancel each other out, creating a neutral pH.

In the blood, it takes about twenty times as much base/alkaline to neutralize any given amount of acid, so it is both better and easier to maintain pH balance rather than to regain it. The most important indicator of our pH is blood, which should ideally be maintained at 7.365 pH.

Why is a balanced body pH so important?

The pH level of your internal fluids affects every cell of your body. Your entire metabolic process depends on an alkaline environment. Over-acidity or chronic acidity breaks down your body tissues; eventually, it interrupts cellular activities and functions, from the beating of your heart to the firing of neurons in your brain. In effect, acidity interferes with your “quality of life”.

What happens if I'm acidic?

As examples, eating too much acid-forming foods or drinking soft drinks on a daily basis makes you acidic. Your body neutralizes acidity with stored, alkaline minerals, such as calcium, magnesium, and potassium. When your body is low on reserves of these minerals, the blood steals them from your tissue, organs, or bones to neutralize strong acids and assist in eliminating them.

Excess acid is stored in tissue when the blood is unable to balance the overload. That's when the lymphatic system goes to work at neutralizing the acid build-up, returning it to the blood for elimination. However, if the lymphatic system is compromised, acid continues to accumulate in tissue until it is eventually transferred into fatty tissue or your organs, such as the colon, heart, liver, and pancreas.

This cyclical struggle to rid the body of acid wastes accelerates the aging process. Since disease thrives in an acidic environment, your body pH determines your state of health. An acidic body pH opens the door to irritation, inflammation, and disease. An alkaline body pH opens the door to good health.

How do I maintain a healthy body pH?

What you consume impacts the pH of your body, affecting your cells, tissue, and organs. Related to the process of detoxifying, eating fresh, whole food, drinking pure water, and supplementing with AIM products help to keep your body pH alkaline. Specifically, maintain a diet that includes a balance of

75 percent alkaline-forming foods and 25 percent acid-forming foods (refer to the Food Guide for examples).

The focus of your diet should be vegetables, which alkalize your body while providing vital nutrients, such as vitamins, minerals, fibre, and protein. If you eat a large variety of dark green leafy vegetables and supplement with AIM BarleyLife®, you will get all the essential amino acids—the building blocks of protein.

Meat protein is acidic, so limit the amount you consume and supplement your daily protein with AIM ProPeas™. Sugar is also acidic and creates inflammation in cells, tissues, and organs, so avoid the added sugar that is so prevalent in packaged foods and drinks. For example, by regularly drinking soda pop, you are literally dumping acid into your body.

Too much acidity in your body is toxic, so balancing your body pH with the right foods, drinks, and supplements is a form of detoxification.

How can I measure my pH?

A quick way to estimate what is happening in your body tissue is to test the pH of your urine or saliva using the AIM pH Test Kit, which contains easy-to-use strips that provide accurate pH readings. As you make dietary changes, measuring your pH on a regular basis is an excellent way to check that you are maintaining a balanced body pH.

The average American consumes, in their diet, approximately **+20.0 (acidity) PRAL per day**. No wonder we are ill. **Three servings of BarleyLife will give you -20.31 (alkalinity) PRAL per day** which can neutralize the acid from your diet and alkalize the body.



Potential Renal Acid Load (PRAL)

Positive (+) numbers indicate the potential acidity being contributed by an acid-forming food. Negative (-) numbers are good numbers and indicate the potential alkalinity being contributed by an alkaline-forming food. The goal is to balance your intake of acid-forming foods by increasing the amount of alkaline-forming foods in your diet.

BarleyLife (1 serving)
-6.77 PRAL

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