

## Acid-Alkaline Food and Its Affect on Your Body and Reflux

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." The scale goes from 0 to 14; to be healthy, we should have slightly alkaline, oxygen-rich arterial blood (7.365 to 7.45 is ideal) - a reading of 7.0 is neutral.

Oxygen rich systems (alkaline based) neutralize formation of acids that might prove to be harmful. To 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), proteins will breakdown causing our muscles to waste away, our systems will be unable to repair cells, tissues and organs fully, our systems will age at an accelerated pace, more free radicals will be produced, we will be subject to increased fluid retention, and so forth. The American diet is centered on foods that create acid-base systems. Below is a list of foods we eat, with ratings according to whether the food is alkaline-forming or acid-forming.

To remedy the risk of forming more acids in my system, eat more dark green vegetables than any other food group. Our bodies have 3 methods of getting rid of unwanted "poisons", or acid forming chemicals, all of which are filtered through our bodies:

**First**, our lungs supply our bodies with much needed oxygen (as we breathe in), and dispel (exhale) carbon dioxide (the "burned" waste from our system - an inference might be made that aerobic exercise helps cleanse our system, because it requires lots of heavy breathing, which gives us a double dose of oxygen; in turn the CO<sub>2</sub> expels the oxidized stuff we don't need);

**Second**, our kidneys filter unwanted sugars, and other waste products which we don't need (we rid our systems through urine - a preventative measure we can take is to drink lots of pure, and hopefully ionized or ozone rich water, which will keep our kidneys healthy, as well as supply needed oxygen to our systems); and

**Third**, our skin filters out other things, through our perspiration (which is also produced through exercise).

**In 2011, a small study found that restricting dietary acid could relieve reflux symptoms like coughing and hoarseness in patients who had not been helped by drug therapy, according to the journal *Annals of Otolaryngology, Rhinology & Laryngology*.**

**In the study, 12 men and 8 women with reflux symptoms who hadn't responded to medication were put on a low-acid diet for two weeks, eliminating all foods and beverages with a pH lower than 5. According to the study, 19 out of 20 patients improved on the low-acid diet, and 3 became completely asymptomatic.**

To find out more about the Acid-Alkaline condition, I recommend the book: THE ACID ALKALINE FOOD GUIDE by Dr. Susan E. Brown.

**Below is a sample of foods and beverages and their pH numbers.**

## Gregory Harrell: Baldwin Wallace Conservatory of Music

### ACIDITY (pH) OF COMMON DRINKS & BEVERAGES AVOID, VERY ACIDIC (LESS THAN PH 4.0)

(<sup>B</sup> means "Bad for Reflux" for reasons other than acidity)

	pH
Coca-Cola	2.8
Pomegranate cranberry juice (Langer's)	2.8
Tab – diet soda	2.9
Diet Pepsi	2.9
Cranberry juice (Tropicana)	2.9
Gatorade (Fruit Punch)	3.0
Cognac	3.0
Mountain Dew – diet	3.1
Prosecco (Mionetto)	3.1
Iced tea (Lipton)	3.2
Ginger ale (Seagram's)	3.2
Snapple Lemon Tea – diet	3.3
Coke Zero – diet	3.3
Pepsi	3.5
Sprite Zero – diet	3.7
Diet Coke	3.7
Cranberry pomegranate juice (Knudsen)	3.7
Orange juice	3.8
Seltzer (Seagram's)	3.8
Tomato juice (Campbell's)	3.9
Red Bull – energy drink	3.9
V8 <sup>B</sup> vegetable juice	4.2
Sparkling water <sup>B</sup> (Poland Spring)	4.3
Stolichnaya vodka <sup>B</sup> on the rocks – lemon twist	4.4
Budweiser beer <sup>B</sup>	4.5
Cream soda <sup>B</sup> (Dr. Brown's diet)	4.5
Vodka <sup>B</sup> (Absolut)	4.7
Pellegrino <sup>B</sup> – unflavored	4.8
Coffee (strong black) Limit one cup a day	5.0
Tea (Chinese white jasmine) Limit one cup a day	5.6
Coffee (with milk) Limit one cup a day	6.2
Bottled water – flat (Poland Spring)	6.9
New York City tap water	7.0
Milk (Lactaid fat-free)	7.0
Milk (2% organic)	7.5

REMEMBER: Red Is Bad & Green Is Good

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### ACIDITY OF FRESH FRUITS, VEGETABLES, AND COMMON FOODS

(<sup>®</sup> means "Bad for Reflux" for reasons other than acidity)

	pH		pH
Lime	2.7	Banana	5.6
Lemon	2.9	Potato – Idaho	5.7
Pineapple	3.1	Squash – acorn	5.9
Apples – Macoun	3.2	Potato – Yukon gold	6.0
Nectarines	3.3	Cucumber	6.0
Pomegranate	3.3	Endive	6.0
Grapefruit – pink	3.4	Onion – white	6.0
Kiwi	3.4	Eggplant	6.0
Strawberries	3.5	Cabbage – green	6.0
Grape – green, seedless	3.6	Cabbage – Savoy	6.1
Peaches	3.6	Melon – ripe cantaloupe	6.1
Apples – Granny Smith	3.6	Mushrooms – domestic	6.1
Pineapple	3.7	Yams	6.1
Blackberries	3.7	Radish – red or black	6.1
Blueberries	3.7	Beets – red	6.1
Mango	3.7	Parsley – Italian flat leaf	6.1
Apples – Macintosh	3.7	Squash – spaghetti	6.2
Orange – navel	3.8	Green beans – raw	6.2
Cherries	3.9	Green beans – cooked	6.3
Apples – Fuji	4.0	Cabbage – red	6.3
Apples – Red Delicious	4.2	Turnip	6.2
Apples – Gala	4.2	Broccoli – cooked	6.2
Raspberries	4.2	Broccoli – raw	6.3
Yogurt – 1% milk fat, plain (Cream-O-Land)	4.3	Onion <sup>®</sup> – Spanish, yellow, raw	6.3
Tomatoes <sup>®</sup> – Mexican	4.3	Onion <sup>®</sup> – white, sautéed	6.4
Tomatoes <sup>®</sup> – Roma (raw or cooked)	4.4	Ginger	6.5
Tomatoes <sup>®</sup> – Beefsteak (cooked)	4.5	Mushroom – portobello	6.5
Tomatoes <sup>®</sup> – Mexican (cooked)	4.8	Parsnip	6.6
Bell pepper – orange	4.8	Zucchini	6.6
Bell pepper – red	4.9	Pancake batter – banana/oatmeal	6.8
Yogurt (organic) – fat free (Stonyfield)	4.9	Corn	6.9
Bell pepper – Italian stuffing pepper	5.0	Fennel	6.9
Bell pepper – green	5.1	Carrots	7.0
Pear – Bosc	5.3	Oatmeal (with 2% milk)	7.2
Gherkin	5.4	Avocado <sup>®</sup> (very high in fat)	7.8

For more information about **The Reflux Diet** (for example, the pH levels of many dried fruits and yogurts) and to check out our latest recipes, see [www.refluxcookbookblog.com](http://www.refluxcookbookblog.com)

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### ACIDITY OF COMMON PREPARED FOODS, DRESSINGS, AND CONDIMENTS

Prepared foods are more acidic than fresh  
because of preservatives added to extend shelf life.

	pH
Hot sauce (Texas Pete)	3.1
Mandarin oranges (Dole)	3.2
Mustard – yellow (White Rose)	3.2
Applesauce (Mott's)	3.4
Barbecue sauce (store brand)	3.4
Ketchup (Heinz)	3.4
Mango – in syrup (Del Monte SunFresh Mango)	3.4
Worcestershire Sauce (Lea & Perrins)	3.4
Caesar dressing (Newman's Own)	3.5
Mustard – Dijon (Grey Poupon)	3.6
Thousand Island dressing (Kraft)	3.6
Barbecue sauce (Bull's-Eye original)	3.7
Pickle – dill (B&G)	3.7
Salsa (Tostitos Chunky Salsa – Mild)	3.7
Russian dressing (Wishbone)	3.8
Ranch dressing – reduced fat (Kraft)	3.9
Tomato sauce (Del Monte)	3.9
Tomato juice (Campbell's)	3.9
Tomatoes – whole, peeled (San Marzano)	3.9
Tomato paste <sup>®</sup> (Hunt's)	4.0
Tomatoes <sup>®</sup> – diced (San Marzano)	4.0
Tomato sauce <sup>®</sup> – mushroom (Prego Italian)	4.0
Tomato sauce <sup>®</sup> (Ragu PizzaQuick)	4.1
Tomato sauce <sup>®</sup> – organic (Del Monte)	4.1
Tomatoes <sup>®</sup> – whole, peeled (Best Yet)	4.1
Salsa <sup>®</sup> (Rosa Mexicano Tomato-Chipotle)	4.1
V8 <sup>®</sup> – vegetable juice	4.2
Agave nectar (Sweet Cactus Farms)	4.5
Yogurt	4.8
Italian dressing (Kraft Zesty Italian)	5.2
Green beans – canned, cut (Green Giant)	5.2
Peas – canned, small (Le Sueur)	5.8
Corn – whole kernel (Del Monte)	6.6
Olives – black, pitted (Best Brand)	7.3