

ACID/ALKALINE FOOD CHART

This chart is intended only as a general guide to alkalizing and acidifying foods.

...ALKALINE FOODS...	...ACIDIC FOODS...
ALKALIZING VEGETABLES Alfalfa Barley Grass Beet Greens Beets Broccoli Cabbage Carrot Cauliflower Celery Chard Greens Chlorella Collard Greens Cucumber Dandelions Dulce Edible Flowers Eggplant Fermented Veggies	ACIDIFYING VEGETABLES Corn Lentils Olives Winter Squash ACIDIFYING FRUITS Blueberries Canned or Glazed Fruits Cranberries Currants Plums** Prunes** ACIDIFYING GRAINS, GRAIN PRODUCTS Amaranth Barley Bran, oat Bran, wheat

Garlic	Bread
Green Beans	Corn
Green Peas	Cornstarch
Kale	Crackers, soda
Kohlrabi	Flour, wheat
Lettuce	Flour, white
Mushrooms	Hemp Seed Flour
Mustard Greens	Kamut
Nightshade Veggies	Macaroni
Onions	Noodles
Parsnips (high glycemic)	Oatmeal
Peas	Oats (rolled)
Peppers	Quinoa
Pumpkin	Rice (all)
Radishes	Rice Cakes
Rutabaga	Rye
Sea Veggies	Spaghetti
Spinach, green	Spelt
Spirulina	Wheat Germ
Sprouts	Wheat
Sweet Potatoes	
Tomatoes	ACIDIFYING BEANS & LEGUMES
Watercress	Almond Milk

Wheat Grass
Wild Greens

**ALKALIZING
ORIENTAL VEGETABLES**

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanut Butter

Cherries, sour	Peanuts
Coconut, fresh	Pecans
Currants	Tahini
Dates, dried	Walnuts
Figs, dried	
Grapes	ACIDIFYING ANIMAL PROTEIN
Grapefruit	Bacon
Honeydew Melon	Beef
Lemon	Carp
Lime	Chicken
Muskmelons	Clams
Nectarine	Cod
Orange	Corned Beef
Peach	Eggs
Pear	Fish
Pineapple	Haddock
Raisins	Lamb
Raspberries	Lobster
Rhubarb	Mussels
Strawberries	Organ Meats
Tangerine	Oyster
Tomato	Pike
Tropical Fruits	Pork

Umeboshi Plums

Watermelon

ALKALIZING PROTEIN

Almonds

Chestnuts

Millet

Tempeh (fermented soy)

Tofu (if fermented)

Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Chili Pepper

Cinnamon

Curry

Ginger

Herbs (all)

Miso

Mustard

Rabbit

Salmon

Sardines

Sausage

Scallops

Shellfish

Shrimp

Tuna

Turkey

Veal

Venison

ACIDIFYING FATS & OILS

Avacado Oil

Butter

Canola Oil

Corn Oil

Flax Oil

Hemp Seed Oil

Lard

Olive Oil

Safflower Oil

Sesame Oil

Sea Salt
Tamari

ALKALIZING OTHER

Alkaline Antioxidant Water
Apple Cider Vinegar
Bee Pollen
Fresh Fruit Juice
Green Juices
Lecithin Granules
Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Veggie Juices

ALKALIZING MINERALS

Calcium: pH 12
Cesium: pH 14
Magnesium: pH 9
Potassium: pH 14
Sodium: pH 14

Sunflower Oil

ACIDIFYING SWEETENERS

Aminosweet
All Artificial Sweeteners
Carob
Corn Syrup
High Fructose Corn Syrup
Honey
NutraSweet or Aspartame
Processed Sugar in Any Form
Sucralose or Splenda

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Chocolate
Cocoa

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

Coffee

Mustard

Pepper

Pop and Soft Drinks

Vinegar, White Distilled and Wine

ACIDIFYING DRUGS & CHEMICALS

Aspirin

Chemicals

Drugs, Medicinal

Drugs, Psychedelic

Herbicides

Pesticides

Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5

Coca-Cola: pH 2

Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts

Brussel Sprouts

Buckwheat

Cashews

Chicken

Corn

Cottage Cheese

Eggs

Flax Seeds

Green Tea

Herbal Tea

Honey

Kombucha

Lima Beans

Maple Syrup

Milk

Nuts

Organic Milk (unpasteurized)

Potatoes, white

Pumpkin Seeds

Quinoa

Sauerkraut

Soy Products

Sprouted Seeds

Squashes

Sunflower Seeds

Tomatoes

Yogurt

* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.