

Alkaline Acidic Food List

...ALKALINE 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
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES

...ACIDIC FOODS...

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
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Hemp Seed Flour
Kamut
Macaroni
Noodles
Oatmeal
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes
Rye
Spaghetti
Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Shitake
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Muskmelons
Nectarine
Orange
Peach
Pear
Pineapple
Raisins
Raspberries
Rhubarb
Strawberries
Tangerine
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

ALKALIZING SWEETENERS

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
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Stevia

ALKALIZING SPICES & SEASONINGS

Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)
Miso
Mustard
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

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.

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

Avacado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Mustard
Pepper
Soft Drinks
Vinegar

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.

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	Maple Syrup
Brussel Sprouts	Milk
Buckwheat	Nuts
Cashews	Organic Milk (unpasteurized)
Chicken	Potatoes, white
Corn	Pumpkin Seeds
Cottage Cheese	Quinoa
Eggs	Sauerkraut
Flax Seeds	Soy Products
Green Tea	Sprouted Seeds
Herbal Tea	Squashes
Honey	Sunflower Seeds
Kombucha	Tomatoes
Lima Beans	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.

Here's a chart that ranks foods from most alkaline to most acidic.

Ranked Foods: Alkaline to Acidic
<p>Extremely Alkaline</p> <p>Lemons, watermelon.</p>
<p>Alkaline Forming</p> <p>Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.</p> <p>Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.</p>
<p>Moderately Alkaline</p> <p>Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable).</p> <p>Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).</p>
<p>Slightly Alkaline</p> <p>Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices,</p>

tomatoes (sweet), vinegar (sweet brown rice).

Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).

Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulfured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

More Ranked Foods: Alkaline to Acidic

Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods		
VEGETABLES	FRUITS	OTHER
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented Veggies	Avocado	Lecithin Granules
Watercress	Banana (high glycemic)	Probiotic Cultures
Beets	Cantaloupe	Green Juices
Broccoli	Cherries	Veggies Juices
Brussel sprouts	Currants	Fresh Fruit Juice
Cabbage	Dates/Figs	Organic Milk
Carrot	Grapes	(unpasteurized)
Cauliflower	Grapefruit	Mineral Water
Celery	Lime	Alkaline Antioxidant Water
Chard	Honeydew Melon	Green Tea
Chlorella	Nectarine	Herbal Tea

Collard Greens	Orange	Dandelion Tea
Cucumber	Lemon	Ginseng Tea
Eggplant	Peach	Banchi Tea
Kale	Pear	Kombucha
Kohlrabi	Pineapple	
Lettuce	All Berries	SWEETENERS
Mushrooms	Tangerine	Stevia
Mustard Greens	Tomato	Ki Sweet
Dulce	Tropical Fruits	
Dandelions	Watermelon	SPICES/SEASONINGS
Edible Flowers		Cinnamon
Onions	PROTEIN	Curry
Parsnips (high glycemic)	Eggs (poached)	Ginger
Peas	Whey Protein Powder	Mustard
Peppers	Cottage Cheese	Chili Pepper
Pumpkin	Chicken Breast	Sea Salt
Rutabaga	Yogurt	Miso
Sea Veggies	Almonds	Tamari
Spirulina	Chestnuts	All Herbs
Sprouts	Tofu (fermented)	
Squashes	Flax Seeds	ORIENTAL VEGETABLES
Alfalfa	Pumpkin Seeds	Maitake
Barley Grass	Tempeh (fermented)	Daikon
Wheat Grass	Squash Seeds	Dandelion Root
Wild Greens	Sunflower Seeds	Shitake
Nightshade Veggies	Millet	Kombu
	Sprouted Seeds	Reishi
	Nuts	Nori
		Umeboshi
		Wakame
		Sea Veggies

Acid Forming Foods

FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Avocado Oil	Cashews	Aspartame
Canola Oil	Brazil Nuts	Chemicals
Corn Oil	Peanuts	Drugs, Medicinal
Hemp Seed Oil	Peanut Butter	Drugs, Psychedelic
Flax Oil	Pecans	Pesticides
Lard	Tahini	Herbicides
Olive Oil	Walnuts	
Safflower Oil		ALCOHOL
Sesame Oil	ANIMAL PROTEIN	Beer
Sunflower Oil	Beef	Spirits
	Carp	Hard Liquor
FRUITS	Clams	Wine
Cranberries	Fish	
	Lamb	BEANS & LEGUMES
GRAINS	Lobster	Black Beans
Rice Cakes	Mussels	Chick Peas
Wheat Cakes	Oyster	Green Peas
Amaranth	Pork	Kidney Beans

Barley	Rabbit	Lentils
Buckwheat	Salmon	Lima Beans
Corn	Shrimp	Pinto Beans
Oats (rolled)	Scallops	Red Beans
Quinoa	Tuna	Soy Beans
Rice (all)	Turkey	Soy Milk
Rye	Venison	White Beans
Spelt		Rice Milk
Kamut	PASTA (WHITE)	Almond Milk
Wheat	Noodles	
Hemp Seed Flour	Macaroni	
	Spaghetti	
DAIRY		
Cheese, Cow	OTHER	
Cheese, Goat	Distilled Vinegar	
Cheese, Processed	Wheat Germ	
Cheese, Sheep	Potatoes	
Milk		
Butter		

More Ranked Foods: Alkaline (pH) to Acidic (pH)

Alkaline: Meditation, Prayer, Peace, Kindness & Love	Acid: Overwork, Anger, Fear, Jealousy & Stress
Extremely Alkaline Forming Foods - pH 8.5 to 9.0	Extremely Acid Forming Foods - pH 5.0 to 5.5
<p>9.0 Lemons 1, Watermelon 2</p> <p>8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds</p> <p>Asparagus 6, Endive, Kiwifruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8</p>	<p>5.0 Artificial sweeteners</p> <p>5.5 Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white, wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40</p> <p>Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).</p>
Moderate Alkaline - pH 7.5 to 8.0	Moderate Acid - pH 6.0 to 6.5
<p>8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, Flour 10, Avocados, Bananas (ripe),</p>	<p>6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice &</p>

Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11**, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) **12**, Spinach

7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob **13**, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash **14**, Sweet corn (fresh), Tamari **15**, Turnip, Vinegar (apple cider) **16**

rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods **32**, Wine **33**, Yogurt (sweetened)

6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

Slightly Alkaline to Neutral pH 7.0

7.0 Almonds **17**, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18**, Onions, Pickles **19**, (home made), Radish, Sea salt **20**, Spices **21**, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut

Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22**, Goat's milk and whey (raw) **23**, Horseradish,

Slightly Acid to Neutral pH 7.0

7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries **30**, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) **31**, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts

Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28**, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29**, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30**, Prunes **30**, Spelt

Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24**, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25**, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

Neutral pH 7.0 — Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

Butter (fresh unsalted), Cream (fresh and raw), Margarine **26**, Milk (raw cow's) **27**, Oils (except olive), Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, and gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 1½ years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.