

...ALKALINE FOODS...

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beets
Beet Greens
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

Maitake
Daikon

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

ACIDIFYING BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils

Dandelion Root
Shitake
Kombu
Reishi
Nori
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

Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk

**ACIDIFYING
DAIRY**

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

**ACIDIFYING
NUTS & BUTTERS**

Cashews
Legumes
Peanuts
Peanut Butter
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
Shrimp
Scallops
Shellfish
Tuna
Turkey

SWEETENERS

Stevia

ALKALIZING

SPICES & SEASONINGS

Cinnamon

Curry

Ginger

Mustard

Chili Pepper

Sea Salt

Miso

Tamari

All Herbs

ALKALIZING

OTHER

Apple Cider Vinegar

Bee Pollen

Lecithin Granules

Molasses, blackstrap

Probiotic Cultures

Soured Dairy Products

Green Juices

Veggie Juices

Fresh Fruit Juice

Mineral Water

Alkaline Antioxidant Water

ALKALIZING MINERALS

Cesium: pH 14

Potassium: pH 14

Sodium: pH 14

Calcium: pH 12

Magnesium: pH 9

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.

Veal

Venison

ACIDIFYING

FATS & OILS

Avacado Oil

Butter

Canola Oil

Corn Oil

Hemp Seed Oil

Flax Oil

Lard

Olive Oil

Safflower Oil

Sesame Oil

Sunflower Oil

ACIDIFYING

SWEETENERS

Carob

Sugar

Corn Syrup

ACIDIFYING

ALCOHOL

Beer

Spirits

Hard Liquor

Wine

ACIDIFYING

OTHER FOODS

Catsup

Cocoa

Coffee

Vinegar

Mustard

Pepper

Soft Drinks

ACIDIFYING

DRUGS & CHEMICALS

Aspirin

Chemicals

Drugs, Medicinal

Drugs, Psychedelic

Pesticides

Herbicides

Tobacco

ACIDIFYING

JUNK FOOD

Coca-Cola: pH 2

Beer: pH 2.5
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.

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

* 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.

Ranked Foods: Alkaline to Acidic

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

Extremely Alkaline

Lemons, Watermelon

Alkaline Forming

Cantaloupe, Cayenne Celery, Dates, Figs, Kelp, Limes, Mango, Melons, Papaya, Parsley, Seaweeds, Seedless Grapes (sweet), Watercress

Asparagus, Fruit Juices, Grapes (sweet), Kiwifruit, Passionfruit, Pears (sweet), Pineapple, Raisins, Umeboshi Plums, Vegetable Juices

Moderately Alkaline

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)

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)

Slightly Alkaline

Almonds, Artichokes (Jerusalem), Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Mushrooms, Okra, Olives (ripe), Onions, Pickles (homemade), Radishes, Sea Salt, Spices, Tomatoes (sweet), Vinegar (sweet brown rice)

Chestnuts (dry, roasted), Egg Yolks (soft cooked), Essene 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), Yeast (nutritional flakes)

Neutral

Butter (fresh, unsalted), Cream (fresh, raw), Cow's Milk and Whey (raw), Margine, Oils (except olive), 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 (unsulferd 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, 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 (sulphured), 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, Yogurt (sweetened)
