

# Acid-Alkaline Food Chart

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70-75% of what we put into our mouths needs to be alkaline or alkalising  
(capitals indicate slightly acid)

ALKALIZING FOODS			ACIDIFYING FOODS		
<b>VEGETABLES</b> Garlic Asparagus Fermented Veggies Watercress Beets Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Chard Chlorella Collard Greens Cucumber Eggplant Kale Kohlrabi Lettuce Mushrooms Mustard Greens Dulce Dandelions Edible Flowers Onions Parsnips (high glycemic) Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies	<b>FRUITS</b> Apple Apricot Avocado Banana (high glycemic) Cantaloupe Cherries Currants Dates/Figs Grapes Grapefruit Lime Honeydew Melon Nectarine Orange Lemon Peach Pear Pineapple All Berries Tangerine Tomato Tropical Fruits Watermelon  <b>PROTEIN</b> Eggs Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts	<b>OTHER</b> Apple Cider Vinegar Bee Pollen Lecithin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Alkaline Antioxidant Water Green Tea Herbal Tea Dandelion Tea Ginseng Tea Banchi Tea Kombucha  <b>SWEETENERS</b> Stevia  <b>SPICES/SEASONINGS</b> Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs  <b>ORIENTAL VEGETABLES</b> Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies	<b>FATS &amp; OILS</b> Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil  <b>FRUITS</b> Cranberries  <b>GRAINS</b> Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoi Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour  <b>DAIRY</b> Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter	<b>NUTS &amp; BUTTERS</b> Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts  <b>ANIMAL PROTEIN</b> Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison  <b>PASTA (WHITE)</b> Noodles Macaroni Spaghetti  <b>OTHER</b> Distilled Vinegar Wheat Germ Potatoes	<b>DRUGS &amp; CHEMICALS</b> Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides  <b>ALCOHOL</b> Beer Spirits Hard Liquor Wine  <b>BEANS &amp; LEGUMES</b> Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk

ALKALINE FRUITS		ACID FRUITS
Apples and Cider	Lemons - ripe	All preserved or jellied Canned: sugared Dried, sulphured Glazed Fruits Raw with sugar Bananas if green tipped Cranberries Olives, pickled, green
Apricots	Limes	
Avocados	Loquats	
Bananas (speckled only)	Mangoes	
Berries	Melons, all	
Breadfruit	Nectarines	
Cacius	Olives, sundried	
Cantaloupe	Papaya	
Carob - pod only	Passionfruit	
Charlmoyes	Peaches	
CRANBERRIES	Pears	
Cherries	Persimmons	
Citron	Pineapples	
Currants	PLUMS	
Dates	Pomegranates	
Figs	PRUNES & JUICE	
Grapes	Quince	
Grapefruit	Raisins	
Guavas	Saponins	
Kumquats	Tamarind	
	Tangerines	
	Tomatoes	

ALKALINE VEGETABLES		ACID VEGETABLES
Veggie-broth	Kain	Asparagus tips, white Beans, all dried Brussel Sprouts Garbanzos Lentils Rhubarb
Artichokes	Kolrabi	
Asparagus, ripe	Leek	
Bamboo shoots	Legumes (except peanuts & lentils)	
Beans, green, lima, string, sprouts	Lettuce	
Beets and tops	MUSHROOMS most varieties	
Broccoli	Okra	
Cabbage, red & white	Onions	
Carrots	Oyster Plant	
Cauliflower	Parsley	
Chard	Parsnip	
Chayotes	Peppers red or green	
Chicory	Potatoes all varieties	
Chives	Pumpkin	
Collards	Radish	
Cowslip	Sals	
Cucumber	Sauerkraut (lemon only)	
Dandelion greens	Sorrel	
Dill	SOY BEANS	
Dockgreen	Soy Bean Extract	
Eggplant	Spinach	
Endive	Squash	
Escalo	Turnips	
Garlic	Water Chestnut	
Horseradish	Watercress	
Jerusalem Artichoke		

ALKALINE DIARY PRODUCTS	ACID DIARY PRODUCTS
Acidophilus Buttermilk Kourniss Milk, raw (human, cow or goat) Whey Yoghurt	Butter Cheese, all Cottage Cheese Cream Custards Ice Cream, ices Milk, boiled, cooked, dried
ALKALINE FLESH FOODS	ACID FLESH FOODS
None (blood and bone only are alkaline forming)	All meats, fowl & fish Beef Tea Fish, Shellfish, all Gelatine Gravies

ALKALINE CEREALS	ACID CEREALS		
Corn, green (fresh)	<table border="1"> <tr> <td>           All flour product            Buckwheat            Barley            Bread, all kinds            Cakes            Corn, Cornmeal, corn flakes            starch and hominy            Crackers, all            Doughnuts         </td> <td>           Dumplings            Grapenuts            Macaroni and Spaghetti            Noodles            Oatmeal            Pies and pastry            Rice            Rye-crisp         </td> </tr> </table>	All flour product Buckwheat Barley Bread, all kinds Cakes Corn, Cornmeal, corn flakes starch and hominy Crackers, all Doughnuts	Dumplings Grapenuts Macaroni and Spaghetti Noodles Oatmeal Pies and pastry Rice Rye-crisp
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ALKALINE MISC.	ACID MISC.		
Agar Alfafa products Ginger, dried, unsweetened Honey Kelp (edible) Teas, unsweetened Yeast Cakes	<table border="1"> <tr> <td>           All alcoholic beverages            Candy and Confectionery            Cocoa &amp; chocolate            Coca-Cola            Coffee            Condiments as: Salt            Pepper            Curry, Spices, etc            Dressings and thick sauces            Drugs and aspirins            Eggs, especially whites            Ginger, preserved         </td> <td>           Jams and Jellies            Flavourings            Marmalades            Preservatives as:            Benzoate            Sulphur            Vinegar            Salt, brine            Smoke            Sago (starch)            Soda water            Tapioca (starch)            Tobacco, juice, smell, smoke            Vinegar            Lack of sleep            Overwork            Worry         </td> </tr> </table>	All alcoholic beverages Candy and Confectionery Cocoa & chocolate Coca-Cola Coffee Condiments as: Salt Pepper Curry, Spices, etc Dressings and thick sauces Drugs and aspirins Eggs, especially whites Ginger, preserved	Jams and Jellies Flavourings Marmalades Preservatives as: Benzoate Sulphur Vinegar Salt, brine Smoke Sago (starch) Soda water Tapioca (starch) Tobacco, juice, smell, smoke Vinegar Lack of sleep Overwork Worry
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ALKALINE NUTS	ACID NUTS
Almonds Chestnuts, roasted Coconut, dried Peanuts	All nuts, more so if roasted Coconut, dried Peanuts

**NEUTRAL**

Sugar, refined  
Oils, olive, corn  
Cotton Seed, peanuts  
Soy, Sesame  
Fats, Lards and other greases

Note: Because a fruit is "acid" is not an indication that it's reaction is the same when it enters the body, because it really may be alkaline.  
Honey and raw sugar yield alkaline, but on account of high concentrate of sugar, become acid-formers.  
Rhubarb with raisins is very good.

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