

ALKALINE – ACID FOOD CHART

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beet Greens
Beets
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Onions
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Sprouts
Sweet Potatoes
Tomatoes
Wheat Grass
Wild Greens
ALKALIZING MINERALS
Calcium: pH 12
Cesium: pH 14
Magnesium: pH 9
Potassium: pH 14
Sodium: pH 14
Manganese

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

ALKALIZING PROTEIN

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

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)
Miso
Mustard
Sea Salt
Tamari

ALKALIZING MEAT

none

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

ACIDIFYING ANIMAL PROTEIN

Meat
fish
chicken
turkey
duck

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING BEANS & LEGUMES

Almond Milk
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
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING FATS & OILS

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

ACIDIFYING MISC.

Catsup
Cocoa
Coffee
Mustard
Pepper
Soft Drinks
Vinegar
Tobacco
Coca-Cola: pH 2
Coffee: pH 4
Beer: pH 2.5

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