

ACID/ALKALINE FOOD CHART

These are examples of alkaline and acid food categories you can reference to gauge and create better, more healthful alkaline status eating 80% of your food through the fourth category, foods that are near neutral. And 20% from the rest of the acid categories.

Notice that certain, main food categories are not included in all of these acid/alkaline levels. This is because those types of foods mostly do not exist at that acid/alkaline level. For instance, there is no "Protein" section in the Most Alkaline category.

Foods that need to be included and may also fit in other categories.

MOST ALKALINE

BEANS & LEGUMES

Beansprouts

Lentil

BEVERAGE

Alkaline & Mineral water

CITRUS FRUIT

Lime

Lemon

FRUIT

Olive

FUNCTIONAL FOOD

Baking Soda

GRAINS, GRASSES & CEREAL

Alfalfa

Wheat grass

OILS, NUTS, SEEDS

Pumpkin Seeds

Soy Nuts

SPICES/HERBS

Cilantro, Turmeric

Garlic,

Salt; Himalayan (Pink), Celtic

VEGETABLES, ROOTS, FUNGHI, PULSES

Arugula

Beet greens

Broccoli

Celery

Cucumber

Dandelion greens

Juice made from greens

Kale

Lettuce

Onion/Miso

Parsley

Rapini

Spinach

Sprouted grains

Veggies Raw

Veggie sprouts

Seaweed
Vegetable sprouts
Watercress

MID ALKALINE

BEVERAGE

Coconut water
Kombucha
Green tea

CITRUS FRUIT

Grapefruit

FRUIT

Apple
Avocado
Blackberry
Cantaloupe
Cherry
Honeydew
Long berry
Mango
Orange
Raspberry
Tangerine

FUNCTIONAL FOOD

Aloe Vera
Chicory
Ginger root
Licorice

Nettles

GRAINS, GRASSES & CEREAL

Quinoa

HERBS/SPICES

Agave

Basil

Chicory

Chives

Oregano

Cinnamon

OILS, NUTS & SEEDS

Cod Liver,

Primrose

Seeds; Cumin, Poppy, Sesame

Nuts; Almond, Chestnut, Cashew

PRESERVATIVES/SWEETENER/VINEGAR

Apple Cider Vinegar

Molasses

Rice Syrup

Soy Sauce

PROTEIN

Egg; Quail

Tofu

VEGETABLES, ROOTS, FUNGHI, PULSES

Asparagus

Artichoke

Avocado
Cabbage
Carrots
Cauliflower
Endive
Green drinks (veggies only)
Kohlrabi
Kale
Jicama
Parsnip
Peppers; hot
zucchini
turnip
Beansprouts

LESS ALKALINE

BEVERAGE

Coconut water
Grapefruit juice, pure
Tea; Green, Mu, Herbal
Vegetable broth

FRUIT

Banana
Blueberry,
Coconut
Nectarine
Peach
Raspberry
Strawberry
Tomato (raw)
Watermelon

FUNCTIONAL FOODS

Bee pollen

Chlorella

SPICES/HERBS

Cocoa

Stevia

OILS, NUTS & SEEDS

COD LIVER

PRIMROSE

PRESERVATIVES/SWEETENER/VINEGAR

Vinegar; Umeboshi

PROTEIN

Egg, Duck and Quail

VEGETABLES, ROOTS, FUNGHI, PULSES

Cabbage

Cauliflower

Chlorella

Collard greens

Eggplant

Lettuces

Mushroom

Peppers; green, red

Potato

Pumpkin

Potato, white

FOODS THAT ARE NEAR NEUTRAL AND MAY GO FROM SLIGHTLY ACID TO SLIGHTLY ALKALINE

BEANS & LEGUME

Black-eyed peas
Canned
Fava
Hummus
Kidney
Wax
String Bean
Snow peas,

BEVERAGES

Carrot Juice
Coconut water
Distilled water
Grapefruit juice, pure
Smoothies and Juices (mixed fruit and veggies only)
Milk; Ghee and Goat's

DAIRY FOODS

Yogurt (non); coconut, almond

HERBS, SPICE & CONDIMENTS

Cilantro
Cocoa

OILS, NUTS, SEEDS

Seeds, most all

Oils; Avocado, Coconut, Grapeseed Olive, flax, Linseed, Macadamia, Sunflower

FRUIT

Fig (fresh)

Nectarine

Pear

FUNCTIONAL FOOD

Turmeric (Curry)

Algae (blue-green)

Aloe vera

GRAINS, GRASSES & CEREAL

Oats

Kasha

Millet

Rice; brown, wild

Eggs

Quinoa

Triticale

VEGETABLES, ROOTS, FUNGHI, PULSES

Artichoke

Beets

Brussel Sprouts

Carrot Juice

Chive

Fermented Soy or Tempeh

FROZEN most all!!

Horseradish (fresh)

Peas

Rhubarb

Sweet potato

Scallion

Squash
Spinach
Yams
Zucchini

LESS ACID

BEANS & LEGUMES

Aduki
Black
Chard, Swiss
Chick Pea (Garbanzo)
Lima or Mung
Pinto
Navy
Red

BEVERAGES

Bone Broth
Coffee – Kona
Water- bottled especially filtered

FRUIT

Current
Guava
Grapes

GRAINS, GRASSES & CEREAL

Basmati Rice
Buckwheat groats
Rice
Rice Flour
Oat bran & flour

Popcorn
Split peas
Spelt pasta 100%

HERBS, SPICE & CONDIMENTS

Mustard
Curry powder

PROTEINS

Duck, Wild
Egg – chicken
Fish – white
Gelatin/Organs, Collagen
Venison

PRESERVATIVES/SWEETENER/VINEGAR

Rice Vinegar

MID ACID

BEANS & LEGUMES

Baked Beans
Miso products

BEVERAGES

Black tea
Coffee
Pure Juice – apple, berry, pine apple

DAIRY

Butter - dairy

Casein
Cottage Cheese
Cream
Ice cream
Milk – cow, goat, sheep, raw, soy
Processed cheese
Whey – products & powders

FRUIT

Cranberry
Dried fruit; apricot, figs, prunes, raisins
Orange juice
Plum
Pomegranate
Prune
Tomato (cooked)

GRAINS, GRASSES & CEREAL

Here includes most processed products made from grains.

Barley
Barley flour
Buckwheat
Corn products
Couscous
Crackers; White flour, rye
Oat bran
*Fried Chips
Pitas
Pumpnickel products
Rice, white
Teff
Wheat - Kamet, Spelt, Semolina

HERBS, SPICE & CONDIMENTS

Nutmeg

OILS, NUTS & SEEDS

Nuts -Pistachio and Pecan

Oils – Almond, Canola, Corn, Sesame, Safflower, Palm, Peanut, Vegetable oils (most)

Lard

Peanut Butter

*Saturated fats

PROTEIN

Beef

Beef Broth

Chicken and organs

Goat

Lard

Lamb & Mutton

Liver

Mussel & Squid

Game meat

Goose

Pork

Rabbit

Seitan (Tofu)

Turkey

Veal

Whey – protein powders, products

PRESERVATIVES/SWEETENER/VINEGAR

Balsamic & Red Wine vinegar

Chocolate

Stevia

Vanilla

MOST ACID

BEANS

Soybean

*Carob

BEVERAGE

Alcohol

Ales

Beer

Coffee - instant

Soda – Coke, Pepsi, Root beer

Wine- red & white

FRUIT

Pineapple

GRAINS, GRASSES & CEREAL

Processed flours - wheat; white and whole

Barley

OILS, NUTS & SEEDS

Cottonseed oil

Margarine

Nuts – Brazil, Hazel & Walnuts

*Fried foods

PROTEIN

Bacon

Beef (hot dogs & ground beef)

Canned Sardines & Tuna

Chicken – nuggets, sandwich

Corned beef
Deli meats
Lobster
Meat pies
Pheasant
Sausages
Shell Fish
Veal

VEGETABLES, ROOTS, FUNGHI, PULSES

Cranberry sauce - commercial
French fries
*Tobacco

PRESERVATIVES/SWEETENER/VINEGAR

Cocoa
Sugar
Table salt
White vinegar
Yeast