



Acid Alkaline Food Chart

Eat More<

>Eat Less

HIGHLY ALKALINE	MODERATELY ALKALINE	MILDLY ALKALINE	NEUTRAL MILDLY ACIDIC	MODERATELY ACIDIC	HIGHLY ACIDIC
<p>pH 9.5 alkaline water Himalayan salt Cucumber Kale Kelp Spinach Parsley Broccoli Sprouts (soy, alfalfa etc) Sea Vegetables (Kelp) Green drinks All Sprouted Beans/ Sprouts</p>	<p>Avocado Beetroot Pepper Cabbage Celery Collard/Spring Greens Endive Garlic Ginger Green Beans Lettuce Mustard Greens Okra Onion Radish Red Onion Rocket/Arugula Tomato Lemon Lime Butter Beans Soy Beans White Haricot Beans Chia/Salba Quinoa</p>	<p>Artichokes Asparagus Brussels Sprouts Cauliflower Carrot Chives Zucchini Leeks New Baby Potatoes Peas Rhubarb Swede Watercress Grapefruit Coconut Buckwheat Quinoa Spelt Lentils Tofu Other Beans & Legumes Goat & Almond Milk Most Herbs & Spices Avocado Oil Coconut Oil</p>	<p>Black Beans Chickpeas/Garbanzos Kidney Beans Seitan Cantaloupe Currants Fresh Dates Nectarine Plum Sweet Cherry Watermelon Amaranth Millet Oats/Oatmeal Spelt Soybeans Rice/Soy/Hemp Protein Freshwater Wild Fish Rice & Soy Milk Brazil Nuts Pecan Nuts Hazel Nuts Sunflower Oil Grapeseed Oil</p>	<p>Fresh Fruit Juice Ketchup Mayonnaise Butter Apple Apricot Banana Blackberry Blueberry Cranberry Grapes Mango Orange Peach Papaya Pineapple Strawberry Brown Rice Oats Rye Bread Wheat Whole Wheatl Bread Wild Rice Whole Wheat Pasta Ocean Fish</p>	<p>Alcohol Coffee & Black Tea Fruit Juice (Sweetened) Cocoa Honey Jam Jelly Mustard Miso Rice Syrup Soy Sauce Vinegar Yeast Dried Fruit Beef Chicken Eggs Farmed Fish Pork Shellfish Cheese Dairy Artificial Sweeteners Syrup Mushroom</p>

Detailed List Alkaline Food Chart

Vegetables		Vegetables (continued)		Grains & Beans		Oils	
Arugula		Coriander		Amaranth	Lima Beans	Olive Oil	
Asparagus		Basil		Buckwheat	Mung Beans	Coconut Oil	
Broccoli		Brussels Sprouts		Brown Rice	Navy Beans	Flax Oil	
Chili		Cauliflower		Chia	Pinto Beans	Hemp Oil	
Pepper		Carrot		Kamut	Red Beans	Avocado Oil	
Zucchini		Beetroot		Millet	Adzuki Beans	Ghee	
Dandelion		Eggplant/Aubergine		Quinoa	White Beans		
Snowpeas		Garlic		Spelt	Lentils		
Green Beans		Onion		Sprouts		Breads	
String Beans		Parsley		Alfalfa Sprouts		Sprouted Bread	
Runner Beans		Celery		Amaranth Sprouts		Sprouted Wraps	
Spinach		Cucumber		Broccoli Sprouts		Gluten/Yeast Free Breads/Wrap	
Kale		Watercress		Fenugreek Sprouts			
Wakame		Lettuce		Mung Bean Sprouts		Drinks	
Kelp		Peas		Quinoa Sprouts		Almond Milk	
Collards		Broad Beans		Radish Sprouts		Hemp Milk	
Chives		New Potato		Nuts & Seeds		Coconut Milk	
Endive		Pumpkin		Almonds	Sunflower Seeds	Herbal Teas	
Chard		Radish		Flax Seeds		Alkaline Water	
Cabbage		Fruits		Pumpkin Seeds			
Sweet Potato		Avocado	Young Fresh Coconut	Sesame Seeds			
		Tomato					
		Lemon					

Detailed List Acid Food Chart

(Limit to 20% of your Diet)

Meat		Fruits		Dairy & Eggs		Oils	
Bacon		Apple	Plum	Butter	Ice Cream	Vegetable Oils (Canola, Peanut)	
Beef		Apricot	Pineapple	Cheese	Soy Cheese	Solid Oil (Margarine)	
Clams		Currants	Orange	Milk	Cottage Cheese	Oil Exposed to Heat, Light or Air	
Corned Beef		Dates	Honeydew Melon	Whey	Eggs	Drinks	
Eggs		Grapes	Currants	Yogurt	Sour Cream	Alcohol	
Lamb		Mango	Cranberries			Black Tea	
Lobster		Peach	Cantaloupe	Sweeteners		Coffee	
Mussels		Pear	Tropical Fruits	White Sugar		Carbonated Water	
Organ Meats		Prunes	Strawberries	Artificial Sweeteners		Pasteurized Juice	
Venison		Raisins	Raspberries	Carob	Honey	Cocoa	
Fish		Bananas		Corn Syrup	Maple Syrup	Energy Drinks	
Oyster		Other		Fructose	Sucrose	Sports Drinks	
Pork		Mushrooms		Saccharine		Colas	
Rabbit		Miso				Tap Water	
Sausage		White Breads, Pastas, Rice &		Nuts & Seeds		Milk	
Scallops		Noodles		Cashews	Hazel Nuts	Green Tea	
Shellfish		Candy		Peanuts	Macadamia Nuts	Decaffeinated Drinks	
Shrimp		Chips		Pecans	Chestnuts	Flavored Water	
Tuna		Pizza		Pistachios		Sauces	
Turkey		Biscuits		Walnuts		Mayonnaise	Tabasco
Veal		Cigarettes		Brazil Nuts		Ketchup	Tamari
		Drugs				Mustard	Wasabi
						Soy Sauce	Vinegar
						Pickles	