

# ALKALINE TO ACID FOOD CHART

Alkaline Foods - Eat More!			
Alfalfa Alfalfa Grass Avocado Baking Soda Barley Barley Grass Cabbage	Lettuce, fresh Cayenne Pepper Cucumber, fresh Dandelion Endive, fresh Fresh Red Beet Garlic	Ginger Granulated Soy ( <i>cooked, ground</i> ) Kale Kamut Grass Oregano Red Radish	Soy Lecithin, pure Soy Nuts (soaked soy beans, then dried) Soy Sprouts Sprouted Seeds (all kinds) Wheat Grass White Beans
Very Alkaline Foods - Eat Lots!			
Artichokes Almond Almond Butter (raw) Asparagus Aubergine/Egg Plant Banana (unripe) Basil Bee Pollen Bok Choy Borage Oil Broccoli Celery Cherry, Sour Chives Evening Primrose Oil	Fennel Seeds Flax Seed Oil Ginseng Capsicums Caraway Seeds Carrot Cauliflower Green Beans Green Cabbage Horse Radish Kohlrabi Leeks (bulbs) Lemons (fresh) Lettuce Lima Beans	Limes Onion Parsnips Peas, fresh Pine Nuts (raw) Potatoes Pumpkins (raw) Raw Onions Red Cabbage Rhubarb Stalks Rutabaga Sesame Oil Sorrel Soybeans, fresh Soy Flour	Soy flour Spinach Squash (all kinds, raw) Tea (herbal, green) Thyme Tofu Tomatoes Turnip Water (Fiji) Watercress White Cabbage White Radish Yams Zucchini
Neutral Foods - Maintain!			
Acai Berry Agave Nectar Apple Cider Vinegar Basmati Rice Brazil Nuts Brussels Sprouts Buckwheat	Bulgar Wheat Coconut, fresh Coconut Oil (raw) Coconut Oil (raw) Cumin Seeds Flax Seeds	Goji Berries Homogenized Milk Lentils Olive Oil Peas, ripe Rice Milk	Sesame Seeds Spelt Sweet Potatoes Tempeh Water Watermelon Whey Protein Powder
Acid Foods - Eat Less!			
Alcohol Sugars (xylitol and the other saccharides) Apricots Banana (ripe) Barley Malt Syrup Beet Sugar Black Currant Blackberries Blueberry Brown Rice Brown Rice Syrup Butter Buttermilk Canned Food Canned Vegetables Cantaloupe Cashews Cereals (Most boxed) Cherry, sweet Cheese (all varieties, from all milks) Chicken Cod Liver Oil	Corn Oil Corn Tortillas Couscous Cranberry Cream Dates Dried Sugar Can Juice Duck Eggs (Whites, Yolk, Whole) Fig Juice Figs Fresh Water Fish Frozen Vegetables Fructose Fruit Juice (Natural) Gooseberry, ripe Grapefruit Grapes (ripe) Hazelnut Honey Italian Plum Ketchup Liver	Macadamia nuts (raw) Mandarine orange Margarine Mayonnaise Milk sugar Molasses Mushrooms Mustard Nectarine Oats Orange Organ meats Oysters Papaya Peach Peanuts Peanut butter (raw, organic) Pear Pineapple Pistachios Pomegranate Pumpkin seeds Quark	Raspberry Rose hips Rye bread Soda/Pop Sourdough bread Sauerkraut Soy sauce Strawberries Sugar (white) Sugarcane Sunflower oil Sunflower seeds Tangerine Walnuts Water (sparkling) Wheat Wheat Kernel Whole-grain Bread Whole-meal Bread Yellow Plum Yoghurt (sweetened) Yoghurt (unsweetened) Tomatoes (canned puree)
Very Acid Foods - Don't Eat It - You Will Die!!! - Just Kidding!			
Artificial Sweeteners Beef Beer Chocolates	Coffee Fruit juice (sweetened) Liquor Ocean Fish	Pickled vegetables Pork Sardines (canned) Tea (black)	Tuna (canned) Veal Wine