

# Alkaline - Acidic Food Chart

This chart is for those who desire to "*positively adjust*" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen), and numbers above 7 alkaline. An acidic body is a sickness magnet.

The Alkaline/Acidic Food Chart is intended only as a general guide to alkalizing and acidifying foods.

To obtain a pH Saliva and Urine Test Kit, [click here](#).



For additional articles and information see: [Scroll Down: Helpful Links Below...](#)



## ... ALKALINE FOODS ...

### ALKALIZING VEGETABLES

Alfalfa  
Barley Grass  
Beets  
Beet Greens  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard Greens  
Chlorella  
Collard Greens  
Cucumber  
Dandelions  
Dulce  
Edible Flowers  
Eggplant  
Fermented Veggies  
Garlic  
Green Beans  
Green Peas  
Kale  
Kohlrabi  
Lettuce

## ... ACIDIC FOODS ...

### 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, wheat  
Bran, oat  
Corn  
Cornstarch  
Hemp Seed Flour  
Kamut  
Oats (rolled)

Mushrooms  
Mustard Greens  
Nightshade Veggies  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Radishes  
Rutabaga  
Sea Veggies  
Spinach, green  
Spirulina  
Sprouts  
Sweet Potatoes  
Tomatoes  
Watercress  
Wheat Grass  
Wild Greens

#### **ALKALIZING ORIENTAL VEGETABLES**

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame

#### **ALKALIZING FRUITS**

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit

Oatmeal  
Quinoa  
Rice (all)  
Rice Cakes  
Rye  
Spelt  
Wheat  
Wheat Germ  
Noodles  
Macaroni  
Spaghetti  
Bread  
Crackers, soda  
Flour, white  
Flour, wheat

#### **ACIDIFYING BEANS & LEGUMES**

Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Pinto Beans  
Red Beans  
Soy Beans  
Soy Milk  
White Beans  
Rice Milk  
Almond Milk

#### **ACIDIFYING DAIRY**

Butter  
Cheese  
Cheese, Processed  
Ice Cream  
Ice Milk

#### **ACIDIFYING NUTS & BUTTERS**

Cashews  
Legumes  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

Honeydew Melon  
Lemon  
Lime  
Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Raisins  
Raspberries  
Rhubarb  
Strawberries  
Tangerine  
Tomato  
Tropical Fruits  
Umeboshi Plums  
Watermelon

#### **ALKALIZING PROTEIN**

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

#### **ALKALIZING SWEETENERS**

Stevia

#### **ALKALIZING SPICES & SEASONINGS**

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari  
All Herbs

#### **ALKALIZING - OTHER**

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Molasses, blackstrap

#### **ACIDIFYING ANIMAL PROTEIN**

Bacon  
Beef  
Carp  
Clams  
Cod  
Corned Beef  
Fish  
Haddock  
Lamb  
Lobster  
Mussels  
Organ Meats  
Oyster  
Pike  
Pork  
Rabbit  
Salmon  
Sardines  
Sausage  
Scallops  
Shrimp  
Scallops  
Shellfish  
Tuna  
Turkey  
Veal  
Venison

#### **ACIDIFYING FATS & OILS**

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

#### **ACIDIFYING SWEETENERS**

Carob  
Sugar  
Corn Syrup

Probiotic Cultures  
Soured Dairy Products  
Green Juices  
Veggie Juices  
Fresh Fruit Juice  
Mineral Water  
Alkaline Antioxidant Water

### **ALKALIZING MINERALS**

Cesium: pH 14  
Potassium: pH 14  
Sodium: pH 14  
Calcium: pH 12  
Magnesium: pH 9

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

### **ACIDIFYING ALCOHOL**

Beer  
Spirits  
Hard Liquor  
Wine

### **ACIDIFYING - OTHER FOODS**

Catsup  
Cocoa  
Coffee  
Vinegar  
Mustard  
Pepper  
Soft Drinks

### **ACIDIFYING DRUGS & CHEMICALS**

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides  
Tobacco

### **ACIDIFYING JUNK FOOD**

Coca-Cola: pH 2  
Beer: pH 2.5  
Coffee: pH 4

\*\* These foods leave an alkaline ash but have an acidifying effect on the body.

### **UNKNOWN:**

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Asparagus  
Brazil Nuts  
Brussel Sprouts  
Buckwheat  
Chicken

Maple Syrup  
Milk  
Nuts  
Organic Milk  
(unpasteurized)

Corn  
Cottage Cheese  
Eggs  
Flax Seeds  
Green Tea  
Herbal Tea  
Honey  
Kombucha  
Lima Beans

Potatoes, white  
Pumpkin Seeds  
Sauerkraut  
Soy Products  
Sprouted Seeds  
Squashes  
Sunflower Seeds  
Yogurt

\* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.

## Ranked Foods: Alkaline to Acidic

Here's a chart that ranks foods from most alkaline to most acidic.

### Extremely Alkaline

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Lemons, Watermelon

### Alkaline Forming

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Cantaloupe, Cayenne Celery, Dates, Figs, Kelp, Limes, Mango, Melons, Papaya, Parsley, Seaweeds, Seedless Grapes (sweet), Watercress

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Asparagus, Fruit Juices, Grapes (sweet), Kiwifruit, Passionfruit, Pears (sweet), Pineapple, Raisins, Umeboshi Plums, Vegetable Juices

### Moderately Alkaline

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Apples (sweet), Alfalfa Sprouts, Apricots, Avocados, Bananas (ripe), Currants, Dates, Figs (fresh), Garlic, Grapefruit, Grapes (less sweet), Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh, sweet), Pumpkin (sweet), Sea Salt (vegetable)

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Apples (sour), Beans (fresh, green), Beets, Bell Peppers, Broccoli, Cabbage, Carob, Cauliflower, Ginger (fresh), Grapes (sour), Lettuce (pale green), Oranges, Peaches (less sweet), Peas (less sweet), Potatoes (with skin), Pumpkin (less sweet), Raspberries, Strawberries, Squash, Sweet Corn (fresh), Turnip, Vinegar (apple cider)

### Slightly Alkaline

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Almonds, Artichokes (Jerusalem), Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Mushrooms, Okra, Olives (ripe), Onions, Pickles (homemade), Radishes, Sea Salt, Spices, Tomatoes (sweet), Vinegar (sweet brown rice)

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Chestnuts (dry, roasted), Egg Yolks (soft cooked), Essene Bread, Goat's Milk and Whey (raw), Mayonnaise (homemade), Olive Oil, Sesame Seeds (whole), Soy Beans (dry), Soy Cheese, Soy Milk, Sprouted Grains, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

### **Neutral**

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Butter (fresh, unsalted), Cream (fresh, raw), Cow's Milk and Whey (raw), Margine, Oils (except olive), Yogurt (plain)

### **Moderately Acidic**

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Bananas (green), Barley (rye), Blueberries, Bran, Butter, Cereals (unrefined), Cheeses, Crackers (unrefined rye, rice and wheat), Cranberries, Dried Beans (mung, adzuki, pinto, kidney, garbanzo), Dry Coconut, Egg Whites, Eggs Whole (cooked hard), Fructose, Goat's Milk (homogenized), Honey (pasteurized), Ketchup, Maple Syrup (unprocessed), Milk (homogenized), Molasses (unsulfurd and organic), Most Nuts, Mustard, Oats (rye, organic), Olives (pickled), Pasta (whole grain), Pastry (whole grain and honey), Plums, Popcorn (with salt and/or butter), Potatoes, Prunes, Rice (basmati and brown), Seeds (pumpkin, sunflower), Soy Sauce, Wheat Bread (sprouted organic)

### **Extremely Acidic**

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Artificial Sweeteners, Beef, Beer, Breads, Brown Sugar, Carbonated Soft Drinks, Cereals (refined), Chocolate, Cigarettes and Tobacco, Coffee, Cream of Wheat (unrefined), Custard (with white sugar), Deer, Drugs, Fish, Flour (white wheat), Fruit Juices with Sugar, Jams, Jellies, Lamb, Liquor, Maple Syrup (processed), Molasses (sulphured), Pasta (white), Pastries and Cakes from White Flour, Pickles (commercial), Pork, Poultry, Seafood, Sugar (white), Table Salt (refined and iodized), Tea (black), White Bread, White Vinegar (processed), Whole Wheat Foods, Wine, Yogurt (sweetened)

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