

Acid & Alkaline

FOOD CHART

Acidifying Foods

* There are several versions of Acid and Alkaline food charts available.

Foods sometimes found on both sides of the chart are highlighted in this color with an (*) asterisk.

Vegetables

Corn
Lentils
Potatoes

Olives
Winter
Squash

Fruits

* Berries
Canned
Glazed

* Currants
Plums
Prunes

Grains / Products

Amaranth
Barley
Bran, Oat
Bran, Wheat
Bread
Buckwheat
Corn
Cornstarch
Crackers, Soda
Wheat
Hemp Flour

Kamut
Macaroni
Oatmeal
Oats (rolled)
Quinoi
Rice
Rice Cakes
Rye
Spaghetti
Spelt
Wheat Cakes
Wheat Germ

Nuts & Butters

Brazil Nuts
Cashews
Legumes
Pecans

Tahini
Peanuts
Walnuts
Peanut Butter

Pasta / Noodles

Macaroni
Spaghetti

Beans & Legumes

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans

Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

Dairy

Cheese
Cheese, Cow
Cheese, Goat
Cheese
Processed

Cheese, Sheep
Ice Cream
Ice Milk
* Milk



Animal Protein

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster

Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

Fats & Oils

Avocado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Oil

Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

Sweeteners

Carob
Corn Syrup

Sugar

Alcohol

Hard Liquor
Spirits

Beer
Wine



Other Foods

Catsup
Cocoa
Coffee
* Mustard

Pepper
Soft Drinks
Vinegar

Drugs & Chemicals

Drugs,
Psychedelic
Herbicides

Pesticides
Tobacco

Other

Distilled Vinegar

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FOOD CHART

Alkalizing Foods

* There are several versions of Acid and Alkaline food charts available.

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Vegetables

Alfalfa	Lettuce
Asparagus	Maitake
Barley Grass	Mushrooms
Beet Greens	Mustard Greens
Beets	Greens
Broccoli	Nightshade
Brussel Sprouts	Veggies
Cabbage	Nori
Carrot	Onions
Cauliflower	Parsnips
Celery	Peas
Chard	Peppers
Chard Greens	Pumpkin
Chlorella	Radishes
Collard Greens	Reishi
Cucumber	Rutabaga
Daikon	Sea Veggies
Dandelion Root	Shitake
Dandelions	Spinach
Dulce	Spirulina
Edible Flowers	Sprouts
Eggplant	Squashes
Fermented	Sweet
Veggies	Potatoes
Garlic	Tomatoes
Green Beans	Wakame
Green Peas	Watercress
Kale	Wheat Grass
Kohlrabi	Wild Greens
Kombu	

Fruits

Apple	Muskmelon
Apricot	Nectarine
Avocado	Orange
Banana	Peach
* Berries	Pear
Cantaloupe	Pineapple
Cherries	Raisins
Cherries (sour)	Raspberries
Coconut (fresh)	Rhubarb
* Currants	Strawberries
Dates(dried)	Tangerine
Figs (dried)	Tomato
Grapefruit	Tropical Fruits
Grapes	Umeboshi
Honeydew Melon	Plums
Lemon	Watermelon
Lime	

Protein

Almonds	Flax Seeds
Chestnuts	Millet
Chicken Breast	Tempeh
Cottage Cheese	Tofu
Eggs	Whey Protein
	Yogurt



Nuts

Pumpkin Seeds	Squash Seeds
Sprouted Seeds	Sunflower Seeds

Sweeteners

Stevia	Xylitol
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Spices & Seasonings

Herbs	Miso
Chili Pepper	Mustard
Cinnamon	Sea Salt
Curry	Tamari
Ginger	

Other

Alkaline	Green Tea
Antioxidant	Herbal Tea
Water	Kombucha
Apple Cider	Lecithin
Vinegar	Granules
Banchi Tea	Mineral Water
Bee Pollen	Molasses,
Dandelion Tea	Blackstrap
Fresh Fruit	* Organic Milk
Juice	Probiotics
Ginseng Tea	Soured Dairy
Green Juices	Veggie Juices

