

Acid-Alkaline Food Chart

70-75% of what we put into our mouths needs to be alkaline or alkalizing

ALKALIZING FOODS

VEGETABLES	FRUITS	OTHER
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented Veggies	Avocado	Lecithin Granules
Watercress	Banana (high glycemic)	Probiotic Cultures
Beets	Cantaloupe	Green Juices
Broccoli	Cherries	Veggies Juices
Brussel sprouts	Currants	Fresh Fruit Juice
Cabbage	Dates/Figs	Organic Milk (unpasteurized)
Carrot	Grapes	Mineral Water
Cauliflower	Grapefruit	Alkaline Antioxidant
Celery	Lime	Water
Chard	Honeydew	Green Tea
Chlorella	Melon	Herbal Tea
Collard Greens	Nectarine	Dandelion Tea
Cucumber	Orange	Ginseng Tea
Eggplant	Lemon	Banchi Tea
Kale	Peach	Kombucha
Kohlrabi	Pear	
Lettuce	Pineapple	SWEETENERS
Mushrooms	All Berries	Stevia
Mustard Greens	Tangerine	
Dulce	Tomato	SPICES/SEASONINGS
Dandelions	Tropical Fruits	Cinnamon
Edible Flowers	Watermelon	Curry
Onions		Ginger
Parsnips (high glycemic)	PROTEIN	Mustard
Peas	Eggs	Chill Pepper
Peppers	Whey Protein	Sea Salt
Pumpkin	Powder	Miso
Rutabaga	Cottage Cheese	Tamari
Sea Veggies	Chicken Breast	All Herbs
Spirulina	Yogurt	
Sprouts	Almonds	ORIENTAL
Squashes	Chestnuts	VEGETABLES
Alfalfa	Tofu	Maitake
Barley Grass	(fermented)	Daikon
Wheat Grass	Flax Seeds	Dandelion Root
Wild Greens	Pumpkin Seeds	Shitake
Nightshade	Tempeh	Kombu
Veggies	(fermented)	Reishi
	Squash Seeds	Nori
	Sunflower	Umeboshi
	Seeds	Wakame
	Millet	Sea Veggies
	Sprouted Seeds	
	Nuts	

ACIDIFYING FOODS

FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Avocado Oil	Cashews	Chemicals
Canola Oil	Brazil Nuts	Drugs,
Corn Oil	Peanuts	Medicinal
Hemp Seed Oil	Peanut Butter	Drugs,
Flax Oil	Pecans	Psychedelic
Lard	Tahini	Pesticides
Olive Oil	Walnuts	Herbicides
Safflower Oil		
Sesame Oil	ANIMAL PROTEIN	ALCOHOL
Sunflower Oil	Beef	Beer
	Carp	Spirits
FRUITS	Clams	Hard Liquor
Cranberries	Fish	Wine
	Lamb	
GRAINS	Lobster	BEANS & LEGUMES
Rice Cakes	Mussels	Black Beans
Wheat Cakes	Oyster	Chick Peas
Amaranth	Pork	Green Peas
Barley	Rabbit	Kidney Beans
Buckwheat	Salmon	Lentils
Corn	Shrimp	Lima Beans
Oats (rolled)	Scallops	Pinto Beans
Quinol	Tuna	Red Beans
Rice (all)	Turkey	Soy Beans
Rye	Venison	Soy Milk
Spelt		White Beans
Kamut	PASTA (WHITE)	Rice Milk
Wheat	Noodles	Almond Milk
Hemp Seed Flour	Macaroni	
	Spaghetti	
DAIRY	OTHER	
Cheese, Cow	Distilled	
Cheese, Goat	Vinegar	
Cheese,	Wheat Germ	
Processed	Potatoes	
Cheese,		
Sheep		
Milk		
Butter		