



ACID VS ALKALINE FOOD CHART

Food Category	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
Benas, Vegetables, & Legumes	Asparagus Onions Vegetable Juices Parsley Raw Spinach Broccoli Garlic Barley Grass Dark Leafy Greens	Okra Squash Green Beans Beets Celery Lettuces Zucchini Sweet Potato Carob	Carrots Tomatoes Mushrooms Cabbage Peas Cauliflower Turnip Beetroot Olives Potato Skins	Cooked Spinach Kidney Beans Whole soybean (edamame)	Potatoes (without skins) Navy Beans Lima Beans Pinto Beans	
Fruit	Lemons Watermelon Limes Grapefruit Mangoes Papayas	Dates Figs Melons Grapes Papaya Kiwi Berries Apples Pears Raisins	Oranges Bananas Cherries Pineapple Peaches Avocados	Plums Pasteurized Fruit Juices	Sour Cherries Rhubarb Canned Fruit	Prunes Sweetened Fruit Juice
Grains & Cereal			Amaranth Millet Lentils Wild Rice Quinoa		White Rice Corn Buckwheat Oats Rye Whole wheat	White Bread Pastries Biscuits Pasta
Meat				Liver Oysters Venison Cold Water Fish (e.g. trout, salmon, mackerel)	Turkey Chicken Lamb Tilapia	Beef Pork Shellfish Tuna Swordfish
Eggs & Dairy		Breast Milk	Soy Milk Goat Milk Goat Cheese Whey	Eggs Butter Yogurt Buttermilk Cottage Cheese	Raw Milk	Cheese Homogenized Milk Ice Cream Custard
Nuts & Seeds		Almonds	Soaked/sprouted seeds Brazil nuts Hazelnuts Coconut	Sunflower & Pumpkin seeds	Pecans Cashews Pistachios	Peanuts Walnuts
Oils	Olive Oil	Flax Seed Oil	Coconut oil	Corn Oil Sunflower Oil Margarine Lard		
Beverages	Herb Teas Lemon Water	Green Tea White Tea	Ginger Tea	Black Tea Cocoa	Coffee Wine	Beer Liquor Soft Drinks
Sweeteners & Condiments	Stevia	Xylitol	Raw Honey Maple Syrup Rice Syrup	Processed Honey	White Sugar Brown Sugar Molasses Jam Ketchup Mayonnaise Mustard Vinegar	Artificial Sweeteners Chocolate