



ALKALIZING VEGETABLES

Alfalfa / Barley Grass / Beet Greens / Beets / 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 / Mushrooms / Mustard Greens / Nightshade Veggies / Onions / Parsnips (high glycemic) / Peas / Peppers

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 / Oat Bran / Wheat Bread / Corn / Cornstarch / Crackers, soda / Flour, wheat / Flour, white / Hemp Seed Flour / Kamut / Macaroni / Noodles / Oatmeal / Oats (rolled) / Pumpkin / Radishes / Rutabaga / Sea Veggies / Spinach, green / Spirulina / Sprouts / Sweet Potatoes / Tomatoes / Watercress / Wheat Grass / Wild Greens

**ALKALIZING ORIENTAL
VEGETABLES**

Daikon / Dandelion Root / Kombu / Maitake / Nori / Reishi Shitake / Umeboshi / Wakame

ALKALIZING FRUITS	Apple / Apricot / Avocado / Banana (high glycemic) / Berries Blackberries / Cantaloupe / Cherries, sour / Coconut, fresh Currants / Dates, dried / Figs, dried / Grapes / Grapefruit / Honeydew / Melon / Lemon / Lime / Muskmelons / Nectarine Orange / Peach / Pear / Pineapple / Quinoa Rice (all) / Rice Cakes / Rye / Spaghetti / Spelt / Wheat Germ / Wheat
ACIDIFYING BEANS & LEGUMES	Almond Milk / Black Beans / Chick Peas / Green Peas / Kidney Beans / Lentils / Pinto Beans / Red Beans / Rice Milk / Soy Beans / Soy Milk / White Beans
ACIDIFYING DAIRY	Butter / Cheese / Cheese, Processed / Ice Cream / Ice Milk
ACIDIFYING NUTS & BUTTERS	Cashews / Legumes / Peanut Butter / Peanuts / Pecans / Tahini / Walnuts
ACIDIFYING ANIMAL PROTEIN	Bacon / Beef / Carp / Clams / Cod / Corned Beef / Fish / Haddock / 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	Chili Pepper / Cinnamon / Curry / Ginger / Herbs (all) / Miso / Mustard / Sea Salt / Tamari
ALKALIZING OTHER	Alkaline Antioxidant Water / Apple Cider Vinegar / Bee Pollen / Fresh Fruit Juice / Green Juices / Lecithin Granules / Mineral Water / Molasses, blackstrap Probiotic Cultures / Soured Dairy Products / Veggie Juices
ALKALIZING MINERALS	Calcium: H 12 / Cesium: pH 14 Lamb / Lobster / Mussels / Organ Meats / Oyster / Pike / Pork Rabbit / Salmon / Sardines / Sausage / Scallops / Shellfish / Shrimp / Tuna / Turkey / Veal / Venison
ACIDIFYING FATS & OILS	Avacado Oil / Butter / Canola Oil / Corn Oil / Flax Oil / Hemp Seed Oil / Lard / Olive Oil / Safflower Oil / Sesame Oil Sunflower Oil
ACIDIFYING SWEETENERS	Carob / Corn Syrup / Sugar
ACIDIFYING ALCOHOL	Beer / Hard Liquor / Spirits / Wine
ACIDIFYING OTHER FOODS	Catsup / Cocoa / Coffee / Mustard Magnesium: pH 9 / Potassium: pH 14 / Sodium: pH 14

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

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself.

For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body.

Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

Pepper / Soft Drinks / Vinegar

ACIDIFYING DRUGS & CHEMICALS

Aspirin / Chemicals / Drugs, Medicinal / Drugs, Psychedelic / Herbicides / Pesticides / Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5 / Coca-Cola: pH 2 / 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.

Brazil Nuts / Brussel Sprouts / Buckwheat / Cashews / Chicken / Corn / Cottage Cheese
Eggs / Flax Seeds / Green Tea / Herbal Tea / Honey / Kombucha / Lima Beans / Maple
Syrup / Milk / Nuts / Organic Milk (unpasteurized) / Potatoes, white / Pumpkin Seeds /
Quinoa / Sauerkraut / Soy Products / Sprouted Seeds / Squashes / Sunflower Seeds /
Tomatoes / Yogurt

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

Ranked Foods: Alkaline to Acidic

Extremely Alkaline

Lemons, watermelon.

Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

Moderately Alkaline

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).

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

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). Chestnuts (dry, roasted), egg yolks (soft cooked), essence 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), and yeast (nutritional flakes).

Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

Moderately Acidic

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 (unsulfured 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, and wheat bread (sprouted organic).

Extremely Acidic

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, and yogurt (sweetened).

More Ranked Foods: Alkaline to Acidic

Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods

VEGETABLES

Garlic / Asparagus / Fermented Veggies / Watercress / Beets / Broccoli / Brussel sprouts

FRUITS

Apple / Apricot / Avocado / Banana (high glycemic) / Cantaloupe / Cherries

OTHER

Apple Cider Vinegar / Bee Pollen / Lecithin Granules / Probiotic Cultures / Green Juices / Veggies Juices / Fresh Fruit Juice

Acid Forming Foods

FATS & OILS

Avocado Oil / Canola Oil / Corn Oil / Hemp Seed Oil / Flax Oil / Lard / Olive Oil

NUTS & BUTTERS

Cashews / Brazil Nuts / Peanuts / Peanut Butter / Pecans / Tahini

DRUGS & CHEMICALS

Aspartame / Chemicals / Drugs, Medicinal / Drugs, Psychedelic / Pesticides
Herbicides / Cabbage / Carrot / Cauliflower / Celery / Chard / Chlorella /
Collard Greens / Cucumber / Eggplant / Kale / Kohlrabi / Lettuce /
Mushrooms / Mustard Greens / Dulce / Dandelions / Edible Flowers / Onions
Parsnips (high glycemic) / Peas / Peppers / Pumpkin / Rutabaga / Sea
Veggies / Spirulina / Sprouts / Squashes / Alfalfa / Barley Grass / Wheat
Grass / Wild Greens / Nightshade Veggies / Currants / Dates, Figs / Grapes
Grapefruit / Lime / Honeydew Melon / Nectarine / Orange / Lemon / Peach /
Pear / Pineapple / All Berries / Tangerine / Tomato / Tropical Fruits /
Watermelon

PROTEIN

Eggs (poached) / Whey Protein / Powder / Cottage Cheese / Chicken Breast
Yogurt / Almonds / Chestnuts / Tofu (fermented) / Flax Seeds / Pumpkin
Seeds / Tempeh (fermented) / Squash Seeds / Sunflower Seeds / Millet /
Sprouted Seeds / Nuts / Organic Milk (unpasteurized) / Mineral Water /
Alkaline Antioxidant / Water / Green Tea / Herbal Tea / Dandelion Tea /
Ginseng Tea / Banchi Tea / Kombucha

SWEETENERS

Stevia / Ki Sweet

SPICES/SEASONINGS

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

ORIENTAL VEGETABLES

Maitake / Daikon / Dandelion Root / Shitake / Kombu / Reishi / Nori / Umeboshi / Wakame / Sea Veggies / Safflower Oil / Sesame Oil / Sunflower Oil

FRUITS

Cranberries

GRAINS

Rice Cakes / Wheat Cakes / Amaranth / Barley / Buckwheat / Corn / Oats (rolled) / Quinoa / Rice (all) / Rye / Spelt / Kamut / Wheat / Hemp Seed / Flour

DAIRY

Cheese, Cow / Cheese, Goat / Cheese, Processed / Cheese, Sheep / Milk Butter / Walnuts

ANIMAL PROTEIN

Beef / Carp / Clams / Fish / Lamb / Lobster / Mussels / Oyster / Pork / Rabbit Salmon / Shrimp / Scallops / Tuna / Turkey / Venison

PASTA (WHITE)

Noodles / Macaroni / Spaghetti

OTHER

Distilled Vinegar / Wheat Germ / Potatoes

ALCOHOL

Beer / Spirits / Hard Liquor / Wine

BEANS & LEGUMES

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

More Ranked Foods: Alkaline (pH) to Acidic (pH)

Alkaline: Meditation, Prayer, Peace, Kindness & Love

Acid: Overwork, Anger, Fear, Jealousy & Stress

Extremely Alkaline Forming Foods - pH 8.5 to 9.0

Extremely Acid Forming Foods - pH 5.0 to 5.5

9.0 Lemons [1](#), Watermelon [2](#)

8.5 Agar Agar [3](#), Cantaloupe, Cayenne (Capsicum) [4](#),

Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley [5](#), Seedless grapes (sweet), Watercress, Seaweeds Asparagus [6](#), Endive, Kiwifruit, Fruit juices [7](#), Grapes (sweet), Passion fruit, Pears (sweet),

5.0 Artificial sweeteners **5.5** Beef, Carbonated soft drinks & fizzy drinks **38**, Cigarettes (tailor made), Drugs, Flour (white, wheat) **39**, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) **40** Beer **34**, Brown sugar **35**, Chicken, Deer, Chocolate, Coffee **36**, Custard with white sugar, Jams, Jellies, Liquor **37**, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed). Pineapple, Raisins, Umeboshi plum, Vegetable juices **8**

Moderate Alkaline - pH 7.5 to 8.0 Moderate Acid - pH 6.0 to 6.5

8.0 Apples (sweet), Apricots, Alfalfa sprouts **9**, Arrowroot, Flour **10**, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11**, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) **12**, Spinach **7.5** Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob **13**, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash **14**, Sweet corn (fresh), Tamari **15**, Turnip, Vinegar (apple cider) **16**

6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods **32**, Wine **33**, Yogurt (sweetened)

6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

Slightly Alkaline to Neutral pH 7.0 Slightly Acid to Neutral pH 7.0

7.0 Almonds **17**, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18**, Onions, Pickles **19**, (home made), Radish, Sea salt **20**, Spices **21**, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22**, Goat's milk and whey (raw) **23**, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, **7.0** Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries **30**, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) **31**, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28**, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29**, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30**, Prunes **30**, Spelt Rhubarb, Sesame seeds (whole) **24**, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25**, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

Neutral pH 7.0 Ñ Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips) Butter (fresh unsalted), Cream (fresh and raw), Margarine **26**, Milk (raw cow's) **27**, Oils (except olive), Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 11Ú2 years otherwise 6.0.

16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.

35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.