

Acid - Alkaline Food Chart

ALKALINE FRUITS

Apples
 Apricots
 Avocados
 Bananas
 Berries
 Cantaloupe
 Cherries Currants
 Dates
 Figs
 Grapes
 Grapefruit
 Guavas
 Kumquats
 Lemons
 Limes
 Loquats
 Mangoes
 Melons
 Nectarines
 Olives
 Oranges
 Papaya
 Passion Fruit
 Peaches
 Pears
 Persimmons
 Pineapple
 Pomegranates
 Quince
 Raisins
 Strawberry
 Tamarind
 Tangerine

ACID FRUITS

All preserved/jellied
 Canned – sugared
 Dried – sulfur
 Cranberries
 Olives

Note: Mineral content in food depends on microbial/enzyme mineral content of the soil. Without microbes, mineral transfer to plant life is negligible.

ALKALINE VEGGIES

Bamboo shoots
 Green beans
 Lima beans
 String beans
 Sprouts
 Beat
 Broccoli
 Cabbage
 Carrots
 Celery
 Cauliflower
 Chard
 Chicory
 Chives
 Collards
 Cowslip
 Cucumber
 Dandelion
 Dill
 Dock
 Dulse
 Eggplant
 Endive
 Escarole
 Garlic
 Horseradish
 Jerusalem artichoke
 Kale
 Kohlrabi
 Leek
 Legumes (not lentils)
 Lettuce
 Okra
 Onions
 Oyster plant
 Parsley
 Parsnips
 Peppers (green or red)
 Potatoes
 Pumpkin
 Radish
 Rutabaga
 Sauerkraut
 Sorrel
 Spinach
 Squash
 Turnips
 Water chestnut
 Watercress

ACID VEGETABLES

Artichokes
 Asparagus
 Beans (dried)
 Brussel sprouts
 Garbanzo beans
 Lentils
 Rhubarb

ALKALINE DAIRY

Acidophilus
 Buttermilk
 Kefir/Yogurt
 Whey

ACID DAIRY

Butter
 Eggs
 Cheese
 Cottage Cheese
 Cream
 Ice Cream
 Custards
 Milk (pasteurized)

ALKALINE MEAT

None

ACID MEAT

Meat (all)
 Fish
 Chicken
 Turkey
 Duck

ACID CEREALS

All flour products
 Buckwheat
 Barley
 Corn
 Corn flakes
 Grape nuts
 Oatmeal
 Rice
 Rye

ALKALINE NUTS

Almonds
 Chestnuts
 Coconut

ACID NUTS

Peanuts
 Pistachios
 Walnuts
 Macadamias

ALKALINE MISC.

Ginger
 Honey
 Kelp
 Alfalfa
 Clover
 Mint
 Sage

ACID MISC.

Alcohol
 Coffee & Cocoa
 Candy & Chocolate
 Sugar
 Soda drinks
 Curry
 Pepper & Spices
 Dressings & Sauces
 Drugs
 Jams & Jellies
 Flavors & Preservatives
 Mayonnaise
 Vinegar
 Brine
 Lack of Sleep
 Worry & Stress

PRIMARY

ALKALINE MINERALS

Cesium
 Calcium
 Magnesium
 Potassium
 Manganese

Note: Foods that taste acid generally leave an alkaline residue at the end of the digestive process. Food such as meat, chicken and sugar do not taste acid. However, they deposit the greatest amounts of acid at the end of the digestive process. It is then up to alkaline ash minerals to neutralize these acid residues for cells to remain healthy. Cells must be slightly alkaline in order to produce acid for function. Interstitial and cellular fluid's pH must be alkaline for antioxidants to be effective against free radicals.