

Foods: are they Acid or Alkaline-forming?

ALKALINE FOODS	ACIDIC FOODS
ALKALIZING VEGETABLES	ACIDIFYING 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 Pumpkin Radishes Rutabaga Sea Veggies Spinach, green Spirulina Sprouts Sweet Potatoes Tomatoes Watercress Wheat Grass Wild Greens	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) Quinoa Rice (all) Rice Cakes Rye Spaghetti Spelt Wheat Germ Wheat

ALKALIZING ORIENTAL VEGETABLES	ACIDIFYING BEANS & LEGUMES
Daikon Dandelion Root Kombu Maitake Nori Reishi Shitake Umeboshi Wakame	Almond Milk Black Beans Chick Peas Green Peas Kidney Beans Lentils Pinto Beans Red Beans Rice Milk Soy Beans Soy Milk White Beans
ALKALIZING FRUITS	ACIDIFYING DAIRY
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 Raisins Raspberries Rhubarb Strawberries Tangerine Tomato Tropical Fruits Umeboshi Plums Watermelon	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 Lamb Lobster Mussels Organ Meats Oyster Pike Pork

ALKALIZING PROTEIN	Rabbit
Almonds	Salmon
Chestnuts	Sardines
Millet	Sausage
Tempeh (fermented)	Scallops
Tofu (fermented)	Shellfish
Whey Protein Powder	Shrimp
	Tuna
ALKALIZING SWEETENERS	Turkey
Stevia	Veal
	Venison
ALKALIZING SPICES & SEASONINGS	ACIDIFYING FATS & OILS
Chili Pepper	Avacado Oil
Cinnamon	Butter
Curry	Canola Oil
Ginger	Corn Oil
Herbs (all)	Flax Oil
Miso	Hemp Seed Oil
Mustard	Lard
Sea Salt	Olive Oil
Tamari	Safflower Oil
	Sesame Oil
	Sunflower Oil
ALKALIZING OTHER	ACIDIFYING SWEETENERS
Alkaline Antioxidant Water	Carob
Apple Cider Vinegar	Corn Syrup
Bee Pollen	Sugar
Fresh Fruit Juice	
Green Juices	ACIDIFYING ALCOHOL
Lecithin Granules	Beer
Mineral Water	Hard Liquor
Molasses, blackstrap	Spirits
Probiotic Cultures	Wine
Soured Dairy Products	
Veggie Juices	
ALKALIZING MINERALS	ACIDIFYING OTHER FOODS
Calcium: pH 12	Catsup
Cesium: pH 14	Cocoa
Magnesium: pH 9	Coffee
Potassium: pH 14	Mustard
Sodium: pH 14	Pepper
	Soft Drinks
	Vinegar

<p>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.</p>	<p>ACIDIFYING DRUGS & CHEMICALS</p> <ul style="list-style-type: none"> Aspirin Chemicals Drugs, Medicinal Drugs, Psychedelic Herbicides Pesticides Tobacco
<p>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.</p>	<p>ACIDIFYING JUNK FOOD</p>
	<ul style="list-style-type: none"> Beer: pH 2.5 Coca-Cola: pH 2 Coffee: pH 4
	<p>** These foods leave an alkaline ash but have an acidifying effect on the body.</p>
<p>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.</p>	
<ul style="list-style-type: none"> Brazil Nuts Brussel Sprouts Buckwheat Cashews Chicken Corn Cottage Cheese Eggs Flax Seeds Green Tea Herbal Tea Honey Kombucha Lima Beans 	<ul style="list-style-type: none"> Maple Syrup Milk Nuts Organic Milk (unpasteurized) Potatoes, white Pumpkin Seeds Quinoa Sauerkraut Soy Products Sprouted Seeds Squashes Sunflower Seeds Tomatoes Yogurt