



Acid/Alkaline food chart

This chart gives you some guidelines for acid and alkaline forming foods, separated into degrees. As a general rule a healthy diet should include 60-80% alkaline-forming foods and 20-40% acid-forming foods.

HIGHLY ALKALINE	MODERATELY ALKALINE	LOW ALKALINE	VERY LOW ALKALINE	VERY LOW ACIDIC	LOW ACIDIC	MODERATELY ACIDIC	HIGHLY ACIDIC
Baking soda	Apples	Almonds	Alfalfa sprouts	Amaranth	Adzuki beans	Barley groats	Artificial sweeteners
Chlorella	Apricots	Apple cider vinegar	Avocado oil	Black-eyed peas	Aged cheese	Basmati rice	Barley
Dulse	Arugula	Apples (sour)	Banana	Brown rice	Alcohol	Bear	Beef
Lemons	Asparagus	Artichokes (Jerusalem)	Beet	Butter	Almond oil	Casein	Beer
Lentils	Banchi tea	Avocado	Blueberry	Canola oil	Balsamic vinegar	Chestnut oil	Brazil nuts
Limes	Beans (fresh green)	Bell pepper	Brussel sprouts	Chutney	Black tea	Chicken	Breads
Lotus root	Broccoli	Blackberry	Celery	Coconut	Boar	Coffee	Brown sugar
Mineral water	Cantaloupe	Brown rice vinegar	Chive	Cream	Buckwheat	Corn	Cocoa
Nectarine	Carob	Cabbage	Cilantro	Curry	Chard	Cottage cheese	Cottonseed oil
Onion	Carrots	Cauliflower	Coconut oil	Dates	Cow milk	Cranberry	Flour (white)
Persimmon	Cashews	Cherry	Cucumber	Dry fruit	Elk	Egg whites	Fried foods
Pineapple	Cayenne	Cod liver oil	Currant	Fava beans	Farina	Fructose	Fruit juices with sugar
Pumpkin seed	Chestnuts	Collard green	Duck eggs	Figs	Game meat	Chick peas	Hazelnuts
Raspberry	Citrus	Egg yolks	Fermented	Fish	Goat milk	Green peas	Hops

			veggies				
Sea salt	Dandelion	Eggplant	Flax oil	Gelatin	Goose	Honey (pasteurized)	Ice cream
Sea vegetables	Dandelion tea	Ginseng	Ghee	Goat cheese	Kamut	Ketchup	Jam / jelly
Seaweed	Dewberry	Green tea	Ginger tea	Grape seed oil	Kidney beans	Lard	Liquor
Spirulina	Edible flowers	Herbs	Grain coffee	Guava	Lamb	Maize	Lobster
Sweet potato	Endive	Honey (raw)	Grapes	Honey (processed)	Lima beans	Mussels	Malt
Tangerine	Garlic	Leeks	Hemp seed oil	Kasha	Milk	Mustard	Pasta (white/refined)
Taro root	Ginger (fresh)	Mushrooms	Japonica rice	Maple syrup	Mollusks	Nutmeg	Pheasant
Umeboshi plums	Ginseng tea	Brewer's yeast	Lettuces	Millet	Mutton	Oat bran	Pickles (commercial)
Vegetable juices	Grapefruit	Papaya	Oats	Offal	Navy beans	Olives (pickled)	Processed cheese
Watermelon	Herbal tea	Peach	Okra	Pine nuts	Pinto beans	Other legumes	Seafood
	Herbs (leafy green)	Pear	Olive oil	Pumpkin seed oil	Plum	Palm kernel oil	Soft drinks/ sodas
	Honeydew	Pickles (homemade/fermented)	Orange	Rhubarb	Red beans	Pasta (whole grain)	Soybean
	Kale	Potato	Quinoa	Sheep cheese	Safflower oil	Pastry	Sugar
	Kombucha	Primrose oil	Raisin	Spinach	Seitan	Peanuts	Table salt
	Kelp	Pumpkin	Sprouted seeds	String beans	Semolina	Pecans	Walnuts
	Kiwifruit	Quail eggs	Squashes	Sunflower oil	Sesame oil	Pistachio seeds	White bread
	Kohlrabi	Radishes	Strawberry	Triticale (grain)	Shell fish	Pomegranate	White vinegar

	Loganberry	Rice syrup	Sunflower seeds	Venison (deer)	Soy cheese	Popcorn	Whole wheat foods
	Mango	Rutabaga	Tahini	Vinegar	Spelt	Pork	Wine
	Molasses	Sake	Tempeh	Wax beans	Tapioca	Prunes	Yeast
	Mustard green	Sesame seed	Turnip greens	Wild duck	Teff (grain)	Rye	Yogurt (sweetened)
	Olive	Sprouts	Umeboshi vinegar	Zucchini	Tofu	Snow peas	
	Parsley	Watercress	Wild rice		Tomatoes	Soy milk	
	Parsnip				Turkey	Squid	
	Passion fruit				Vanilla	Veal	
	Peas				Wheat		
	Pepper				White beans		
	Raspberries				White rice		
	Soy sauce						
	Spices						
	Sweet corn (fresh)						
	Turnip						