

## **A list of Acid / Alkaline Forming Foods (list drawn from various sources)**

**The pH scale is from 0 to 14, with numbers below 7 acidic and numbers above 7 alkaline. This chart is intended only as a general guide to alkalizing and acidifying foods.**

### **ALKALINE FOODS**

#### **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 – Pumpkin – Radishes – Rutabaga - Sea Veggies  
Spinach, green – Spirulina – Sprouts - Sweet Potatoes – Tomatoes – Watercress - Wheat Grass - Wild Greens

#### **ALKALIZING ASIAN 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 – 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 - Bee Pollen - Fresh Fruit Juice - Green Juices - Lecithin Granules - Mineral Water  
Molasses, blackstrap - Probiotic Cultures - Soured Dairy Products - Veggie Juices

#### **ALKALIZING MINERALS**

Calcium: pH 12 - Cesium: pH 14 - Magnesium: pH 9 - Potassium: pH 14 - Sodium: pH 14

**Alkaline producing activities/emotions:** Meditation, Prayer, Peace, happiness, joy, Kindness & Love

### **ACIDIC FOODS**

#### **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) – 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 - 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 – 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

### **Extremely Alkaline Forming Foods - pH 8.5 to 9.0**

9.0 Lemons **1**, Watermelon **2**