

<< Are You Eating Enough Alkaline Foods? >>

Alkaline Acid Food Chart

This chart shows the contribution of various food substances to the acidifying of body fluids. In general, it is important to eat a diet that contains foods from both sides of the chart. Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

Alkalizing Foods

VEGETABLES

Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumbers
Dulce
Eggplant
Fermented
(Vegetables)
Garlic
Kale
Kohlrabi
Lettuce – (All)

Mustard Greens
Onions
Parsnips
Peppers
Pumpkin
Rutabaga/Turnip
Sea Vegetables
Snap Peas
Spinach
Sprouts
Squashes
Sweet Potatoes
Watercress
Wild Greens

FRUITS

Apples
Apricots
Avocados
Bananas
Berries – (All)
Cantaloupe

Cherries
Currants
Dates/Figs/Raisins
Grapefruit
Grapes
Kiwi
Lemons
Limes
Mango
Melons - (All)
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapples
Tangerines
Tomatoes
Watermelon

PROTEINS

Almonds
Chestnuts
Flax Seeds

Hemp Seed
Millet
Pumpkin Seeds
Sprouted Seeds
Squash Seeds
Sunflower Seeds
Tempeh - (Fermented)
Whey Protein Powder
Yogurt

OTHER

Alfalfa
Alkaline - Water
Apple Cider Vinegar
Banchi Tea
Barley Grass
Bee Pollen
Chlorella
Coconut Oil
Dandelion Tea
Dandelions

Fresh Fruit Juices
Ginseng Tea
Green Juices
Green Tea
Herbal Tea
Kombucha
Lecithin Granules
Mineral Water
Organic Milk
(Un-pasteurized)
Probiotic Cultures
Vegetable Juices
Wheat Grass

SWEETENERS

“Stevia”

SPICES/SEASONINGS

Chilli Peppers
Cinnamon
Curry
Ginger
Herbs – (All)

Miso
Mustard
Sea Salt
Tamari

ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Sea Vegetables
Shitake
Umeboshi
Wakame



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Maintain Vital Health

People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.

Acidifying Foods

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard
Margarine
Olive Oil
Peanut Oil
Safflower Oil
Sesame Oil
Shortening
Sunflower Oil

FRUITS

Cranberries
Plums
Prunes

GRAINS/ FLOURS

Amaranth

Barley
Bran
Buckwheat
Oats - (All)
Quinoa
Rice (All)
Rice Cakes
Wheat/White Flour

DAIRY

Butter
Cheese - Cottage
Cheese - Cow
Cheese - Goat
Cheese - Processed
Ice Cream
Milk

NUTS, NUT

BUTTERS & NUT MILKS

Brazil Nuts
Cashews

Peanut Butter
Peanuts
Pecans
Rice Milk
Soy Milk
Tahini Paste
Walnuts

ANIMAL PROTEINS

Bacon
Beef
Chicken
Corned Beef
Cottage Cheese
Eggs
Fish
Lamb
Pork
Rabbit
Sausage
Shell Fish (Scallops,
Mussels, Lobster,
Shrimp, Clams &
Oysters)

Turkey
Veal
Venison

PASTA - (ALL)

Corn Pasta
Egg Noodles
Rice Pasta
White Pasta
Whole Wheat Pasta

OTHER

Bread
Coffee
Condiments
Corn Syrup
Crackers
Distilled Vinegar
Dry Coconut
Potatoes
Soft Drinks
Sugar - (All)
Wheat Germ

DRUGS & CHEMICALS

Chemicals
Drugs - (All)
Herbicides
Pesticides

ALCOHOL

Beer
Liquor
Spirits
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
White Beans