

Acid Alkaline Food Chart



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Acidic and Alkaline Foods

Try to eat **80% (or more) alkalizing foods** and **20% (or less) acidifying foods**

Note: * “Acid but Alkalizing” foods are weak acid foods that contain weak acids. While their pH is acidic, these foods have an alkalizing effect in your body. This is because the weak acids (ie. citric acid) convert to water and carbon dioxide in your body. The carbon dioxide is expelled through your breath.

VEGETABLES		
Very Alkalizing	Acid but Alkalizing	Slightly Alkalizing
avocado beet greens broccoli Brussels sprouts carrots celery stalks chives corn cucumber cucumber edible gourds fennel garlic grasses (ie wheatgrass) green beans green cabbage leeks peas peppers potato radish red beets red cabbage rhubarb salad greens spinach spinach squash sweet potatoes turnips watercress yellow beans zucchini	sour pickles tomato	artichokes brussels sprouts cauliflower lettuce onion peas

Tip!

While eating a healthy diet plays a fundamental role in the process of pH balancing, there are a few things you can do to get a jumpstart:

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of water... Especially alkaline water.
3. Supplement your diet with alkalizing nutritional supplements.

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BEANS & LEGUMES		
Alkalizing	Slightly Alkalizing	Slightly Acidifying
navy beans soy beans soy nuts soy sprouts white beans mung beans	tofu dried peas lentils kidney beans lentils	chickpeas (garbanzo beans) red beans

FRESH FRUITS		
Slightly Alkalizing	Acid but Alkalizing	Slightly Acidifying
bananas - the riper they get, the more acidifying they become sour cherries watermelon	grapefruit lemons limes	apples apricots blueberries cantaloupe coconut cranberries dates figs gooseberries grapes kiwis mangos melons mulberries nectarines oranges papayas peaches pears pineapples plums raspberries red currant strawberries sweet cherries tangerines

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DRIED FRUITS	
Slightly Alkalizing	Slightly Acidifying
apricots bananas dates raisins pears pineapple prunes	apples figs mangos peaches

CEREAL GRAINS & BREADS		
Alkalizing	Slightly Acidifying	Acidifying
buckwheat	barley brown rice dark bread granola millet oatmeal oats quinoa rye spelt whole grain crackers whole grain pasta whole-grain bread (without yeast) whole-grain cereals	cakes commercial cereals cookies couscous crackers from white flour millet pasta from white flour pies semolina sweetened granola wheat white bread white rice yeast bread

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Dairy products

Note: Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid. While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it.

However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

DAIRY PRODUCTS		
Alkalizing	Slightly Alkalizing	Acidifying
acidophilus milk banana smoothie fresh butter fresh buttermilk fresh cheese fresh whey raw whole milk	brie drained cheese fresh yogurt fruit smoothie pasteurized milk provolone slightly aged whey swiss yogurt drinks without sugars	aged brie aged buttermilk aged cheeses aged whey aged yogurt chocolate milk cooked butter cream dextrogyre yogurt kefir parmesan cheese sweetened yogurt with fruit ultra pasteurized milk

MEAT AND FISH		
Slightly Acidifying	Acidifying	Very Acidifying
bass flounder liver oysters pike salmon sole trout walleye shrimp veal whole eggs	chicken catfish egg yolk halibut mahi mahi mussels organ meats tuna turkey	beef carp cold cuts crab herring lamb lobster mackerel pork

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MISCELLANEOUS FOODS		
Alkalizing	Slightly Acidifying	Acidifying
<p>* apple cider vinegar cold pressed vegetable oils green herbs sea salt stevia table salt Glucose (Neutral/ slightly acid)</p> <p>* apple cider vinegar is alkalizing because the acetic acid in it is a weak acid, and easily exhausted. The remaining components are alkalizing</p>	<p>brown rice syrup fructose heat pressed vegetable oils honey maple syrup pickles raw cane sugar</p>	<p>artificial sweeteners brown sugar canned & processed foods capers heated oils heated oils hydrogenated oils vinegar ketchup lard margarine mayonnaise molasses mushrooms mustard pickles pimentos white sugar</p>

BEVERAGES		
Alkalizing	Slightly Acidifying	Acidifying
<p>almond milk fresh lemonade fresh vegetable juice fresh whey green juices (from grasses) linden tea mint tea soy milk tomato juice water with a pH of 7+ wine</p>	<p>filtered water green tea tap water (depending on how treated) cocoa coffee commercial juices commercial lemonade hot chocolate liquor sodas</p>	<p>beer black tea carbonated water</p>