Alkaline forming and Acid forming food lists

...ALKALINE FOODS...	...ACIDIC FOODS...
ALKALIZING VEGETABLES	**ACIDIFYING VEGETABLES**
Alfalfa	Corn
Barley Grass	Lentils
Beet Greens	Olives
Beets	Winter Squash
Broccoli	
Cabbage	**ACIDIFYING FRUITS**
Carrot	Blueberries
Cauliflower	Canned or Glazed Fruits
Celery	Cranberries
Chard Greens	Currants
Chlorella	Plums**
Collard Greens	Prunes**
Cucumber	
Dandelions	**ACIDIFYING GRAINS, GRAIN PRODUCTS**
Dulce	Amaranth
Edible Flowers	Barley
Eggplant	Bran, oat
Fermented Veggies	Bran, wheat
Garlic	Bread
Green Beans	Corn
Green Peas	Cornstarch
Kale	Crackers, soda
Kohlrabi	Flour, wheat
Lettuce	Flour, white
Mushrooms	Hemp Seed Flour
Mustard Greens	Kamut
Nightshade Veggies	Macaroni
Onions	Noodles
Parsnips (high glycemic)	Oatmeal
Peas	Oats (rolled)
Peppers	Quinoa
Pumpkin	Rice (all)
Radishes	Rice Cakes
Rutabaga	Rye
Sea Veggies	Spaghetti
Spinach, green	Spelt
Spirulina	Wheat Germ
Sprouts	Wheat
Sweet Potatoes	
Tomatoes	

Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL 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

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

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
Apple Cider Vinegar
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

Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS
Avocado 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

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.

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.

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING JUNK FOOD
Beer: pH 2.5
Coca-Cola: pH 2
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

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.

Brazil Nuts
Brussel Sprouts
Buckwheat
Cashews
Chicken
Corn
Cottage Cheese
Eggs
Flax Seeds
Green Tea
Herbal Tea
Honey
Kombucha
Lima Beans
Maple Syrup
Milk
Nuts
Organic Milk (unpasteurized)
Potatoes, white
Pumpkin Seeds
Quinoa
Sauerkraut
Soy Products
Sprouted Seeds
Squashes
Sunflower Seeds
Tomatoes
Yogurt

Most Alkaline to Most Acidic Foods

Ranked Foods: Alkaline to Acidic
Extremely Alkaline Lemons, watermelon.
Alkaline Forming Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress. Asparagus, fruit juices, grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.
Moderately Alkaline Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable). Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).
Slightly Alkaline Almonds, artichokes (Jerusalem), Brussels sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice). Chestnuts (dry, roasted), egg yolks (soft cooked), essene bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).
Neutral Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margine, oils (except olive), and yogurt (plain).
Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).

Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

Categories of Alkaline and Acid Forming Foods

Alkaline Forming Foods			Acid Forming Foods		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Aspartame
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Chemicals
Fermented Veggies	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs, Medicinal
Watercress	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Drugs, Psychedelic
Beets	Cantaloupe	Green Juices	Flax Oil	Pecans	Pesticides
Broccoli	Cherries	Veggies Juices	Lard	Tahini	Herbicides
Brussel sprouts	Currants	Fresh Fruit Juice	Olive Oil	Walnuts	
Cabbage	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil		
Carrot	Grapes	Mineral Water	Sesame Oil		
Cauliflower	Grapefruit	Alkaline Antioxidant Water	Sunflower Oil	ANIMAL PROTEIN	ALCOHOL
Celery	Lime	Green Tea		Beef	Beer
Chard	Honeydew Melon	Herbal Tea	FRUITS	Carp	Spirits
Chlorella	Nectarine	Dandelion Tea	Cranberries	Clams	Hard Liquor
Collard Greens	Orange	Ginseng Tea		Fish	Wine
Cucumber	Lemon	Banchi Tea	GRAINS	Lamb	
Eggplant	Peach	Kombucha	Rice Cakes	Lobster	BEANS & LEGUMES
Kale	Pear		Wheat Cakes	Mussels	Black Beans
Kohlrabi	Pineapple	SWEETENERS	Amaranth	Oyster	Chick Peas
Lettuce	All Berries	Stevia	Barley	Pork	Green Peas
Mushrooms	Tangerine	Ki Sweet	Buckwheat	Rabbit	Kidney Beans
Mustard Greens	Tomato		Corn	Salmon	Lentils
Dulce	Tropical Fruits		Oats (rolled)	Shrimp	Lima Beans
Dandelions	Watermelon	SPICES/SEASONINGS	Quinoa	Scallops	Pinto Beans
Edible Flowers			Rice (all)		

Onions Parsnips (high glycemic) Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies	PROTEIN Eggs (poached) Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts	Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs ORIENTAL VEGETABLES Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies	Rye Spelt Kamut Wheat Hemp Seed Flour DAIRY Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter	Tuna Turkey Venison PASTA (WHITE) Noodles Macaroni Spaghetti OTHER Distilled Vinegar Wheat Germ Potatoes	Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk

Alkaline and Acid Forming foods with pH numbers

Alkaline: Meditation, Prayer, Peace, Kindness & Love	**Acid:** Overwork, Anger, Fear, Jealousy & Stress
Extremely Alkaline Forming Foods - pH 8.5 to 9.0	**Extremely Acid Forming Foods - pH 5.0 to 5.5**
9.0 Lemons **1,** Watermelon **2** **8.5** Agar Agar **3,** Cantaloupe, Cayenne (Capsicum) **4,** Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley **5,** Seedless grapes (sweet), Watercress, Seaweeds Asparagus **6,** Endive, Kiwifruit, Fruit juices **7,** Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices **8**	**5.0** Artificial sweeteners **5.5** Beef, Carbonated soft drinks & fizzy drinks **38,** Cigarettes (tailor made), Drugs, Flour (white, wheat) **39,** Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) **40,** Beer **34,** Brown sugar **35,** Chicken, Deer, Chocolate, Coffee **36,** Custard with white sugar, Jams, Jellies, Liquor **37,** Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).
Moderate Alkaline - pH 7.5 to 8.0	**Moderate Acid - pH 6.0 to 6.5**
8.0 Apples (sweet), Apricots, Alfalfa sprouts **9,** Arrowroot, Flour **10,** Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11,** Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt	**6.0** Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods **32,** Wine **33,** Yogurt (sweetened) **6.5** Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard),

(vegetable) **12,** Spinach **7.5** Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage; Cauliflower, Carob **13,** Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash **14,** Sweet corn (fresh), Tamari **15,** Turnip, Vinegar (apple cider) **16**	Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)
Slightly Alkaline to Neutral pH 7.0	**Slightly Acid to Neutral pH 7.0**
Almonds **17,** Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18,** Onions, Pickles **19,** (home made), Radish, Sea salt **20,** Spices **21,** Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut, Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22,** Goat's milk and whey (raw) **23,** Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24,** Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25,** Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)	**7.0** Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup),Cornmeal, Cranberries **30,** Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) **31,** Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28,** Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29,** Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30,** Prunes **30,** Spelt

Neutral pH 7.0 ‹ Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)

Butter (fresh unsalted), Cream (fresh and raw), Margarine **26,** Milk (raw cow's) **27,** Oils (except olive),
Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, and gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.

5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vegetable's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Corn flour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 11Ž2 years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Avoid it.
41. Do not eat.

****These pH charts are intended only as a general guide to alkaline vs. acid forming foods.*

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