

# Alkaline-Acid Food Chart

ACID-FORMING FOODS	ALKALINE-FORMING FOODS
<p><b><u>Strong Acid-Forming</u></b></p> <p><b>Meats</b> all mammal meats, fowl (birds), eggs, fish &amp; shell fish</p> <p><b>Other</b> alcohol, cocoa, coffee, cheese, conventional drugs, fruit juice, jam, jelly, mayonnaise, mushrooms, maple syrup (and other syrups), pepper, salt, most sodas, sugar (any -"ose", etc.) artificial sweeteners, tea (regular), tobacco, vinegar (except apple cider)</p>	<p><b><u>Strong Alkaline-Forming</u></b></p> <p><b>Vegetables</b> beet greens, celery, cucumber, dulse, dandelion greens, garlic, grasses (barley, wheat, etc.), most leafy greens, kale, parsley, spinach, sprouts, swiss chard</p> <p><b>Fruits</b> lemon, lime</p> <p><b>Other</b> green drinks, soy lecithin</p>
<p><b><u>Medium Acid-Forming</u></b></p> <p><b>Grains</b> barley, corn, rye, wheat, all flour products (breads, pasta etc.)</p> <p><b>Nuts</b> Brazil nuts, cashews, walnuts (most nuts except almonds and chestnuts), all roasted nuts</p> <p><b>Other</b> green/unspeckled bananas, ketchup, mayonaise, all canned or preserved fruit, pickled olives, pasteurized honey, peanuts</p>	<p><b><u>Medium Alkaline-Forming</u></b></p> <p><b>Vegetables</b> most vegetables including arugula, avocado, basil, beet, broccoli, cabbage, capsicum/cayenne, carrot, chives, collard greens, coriander, endive, ginger, green beans, kelp, leeks, legumes (except peanuts) green lettuce, mustard greens, okra, parsnip, potato, pumpkin, radish, red cabbage, red onion, sauerkraut (live), spring greens, sweet potato, tomato, turnip, water chestnut, watercress, yam, zucchini</p> <p><b>Fresh Fruits</b> apple, apricot, ripe/speckled bananas, blackberry, carob pod, cherry, currant, date, grape, grapefruit, guava, kiwi, kumquat, loganberry, mango, all melons, nectarine, papaya, passion fruit, peach, pear, persimmon, pineapple, pomegranate, quince, raspberry, tamarind, tangerine</p> <p><b>Other</b> agar, chestnut, most herbal teas (unsweetened)</p>
<p><b><u>Weak Acid-Forming</u></b></p> <p><b>Vegetables</b> artichokes, asparagus tips, rhubarb</p> <p><b>Fruits</b> cranberries, plums, prunes and prune juice</p> <p><b>Grains and Legumes</b> garbanzo beans, oats, rice, white beans</p> <p><b>Fats</b> most oils</p> <p><b>Other</b> all animal milks, butter, <u>dried</u> coconut, coconut milk, cream from animal milks, lentils, most mushrooms, rice milk, soy milk</p>	<p><b><u>Weak Alkaline-Forming</u></b></p> <p><b>Vegetables</b> brussels sprouts, cauliflower, eggplant, kohlrabi, lamb's lettuce, leeks, peas, pumpkin, onion, peppers, radish, rutabaga, squash, white cabbage</p> <p><b>Fresh Fruits</b> blueberry, orange, peach, pear, strawberry, watermelon</p> <p><b>Grains</b> amaranth, quinoa, buckwheat, millet</p> <p><b>Oils</b> avocado oil, coconut oil, <b>olive oil</b></p> <p><b>Other</b> almond, unsweetened almond milk, chia seeds, <u>fresh</u> coconut, fresh coconut water, fennel seeds, grapefruit, raw honey, pomegranate, unprocessed salts (Himalayan, Real, etc.), sesame seeds, snap beans, soy beans, green tea, tofu, apple cider vinegar, yogurt</p>

**LET APPROXIMATELY 75% OF YOUR DIET BE ALKALINE FORMING FOODS.** Some foods that are acid or alkaline pH before being consumed create the opposite pH after being digested. This is why this chart lists acid and alkaline "forming" foods. It is no surprise that the foods that are most acid forming are usually the most refined or over cooked, removing or destroying, fiber, vitamins, minerals, micronutrients and other important nutritional elements.