

Acid – Alkaline Food Chart

Alkaline forming foods		Acid forming foods	
Alkaline Fruits	Alkaline Vegetables	Acid cereals	Acid Vegetables
Apples & Cider	Artichokes	All wheat products	Asparagus tips (white)
Apricots	Asparagus, ripe	Barley	Beans (all dried)
Avocados	Bamboo shoots	Breads, all kinds	Brussels sprouts
Bananas (speckled only)	Beans (green, lima, string, sprouts)	Cakes	Garbanzos
Berries (all)	Beets and tops	Corn, cornmeal, cornflakes, starch and hominy	Lentils
Cactus	Broccoli	Crackers, all	Rhubarb
Cantaloupe	Cabbage	Doughnuts	Acid Fruit
Carob (pod only)	Carrots	Dumplings	All preserved or jellied
Cherries	Celery	Pasta	Canned
Citron	Cauliflower	Oatmeal	Sugared
Currants	Chard	Pies and pastry	Dried
Dates	Chicory	Rice	Sulphured
Figs	Chives	Acid Miscellaneous	Glazed
Grapes	Collards	All alcoholic beverages	Raw (with sugar)
Grapefruit	Cowslip	Candy and confectionary	Bananas, if green
Guavas	Cucumber	Cocoa and chocolate	Cranberries
Kumquats	Dandelion greens	Coffee	Olives (pickled)
Lemons (ripe)	Dill	Condiments as curry, pepper, salt, spices, etc	Oranges
Loquats	Dock, green	Dressings & sauces	Tomatoes
Mangoes	Dulse (sea lettuce)	Drugs and aspirin	Slightly acid
Melons (all)	Eggplant	Eggs, esp whites	Plums
Nectarines	Endive	Jams & jellies	Prunes & juice
Olives (sundried)	Escarole	Flavourings	Acid Dairy Products
Papayas	Garlic	Mayonnaise	Butter
Passion fruit	Horseradish, fresh	Preservatives	Cheese, all
Peaches	Jerusalem artichoke	Sago	Cottage cheese
Pears	Kale	Sugar	Cream
Persimmons	Kohlrabi	Soda water	Ice cream, Ices
Pineapple (fresh, ripe)	Leek	Tapioca	Margarine
Pomegranates	Legumes (except peanuts and lentils)	Tobacco	Custards
Quince	Lettuce and romaine	Vinegar	Milk – boiled, booked, pasteurised, malted, dried, canned
Raisins	Okra	Lack of sleep	Acid Nuts
Tamarind	Onions	Overwork	All roasted nuts
Tangerines	Oyster plant	Worry	Coconut, dried
Alkaline Dairy Prod	Parsley		Peanuts
Acidophilus	Parsnips		Acid flesh foods
Buttermilk	Peppers, red & green		All meat
Koumiss	Potatoes		Fish
Milk – raw (human, cow or goat)	Pumpkin		Shellfish
Whey	Radish		Tea
Yoghurt	Sauerkraut (lemon only)		Gelatine
Alkaline nuts	Sorrel		Gravies
Almonds	Spinach	Neutral	
Chestnuts, roasted	Squash	Oils – olive, soy, sesame	
Coconut, fresh	Taro	Buckwheat	
Alkaline Miscellaneous	Turnips and tops	Millet	
Agar	Water chestnut		
Alfalfa products	Watercress		
Ginger, dried unsweetened	Alkaline grains		
Honey	Amaranth		
Kelp	Quinoa		
Teas, unsweetened			
Yeast cakes			

It should be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Citrus fruit should not be eaten with other foods.