

Acid – Alkaline Food Chart

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

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.