

## Highly Alkaline

baking soda  
chlorella  
dulse  
lemons  
lentils  
limes  
lotus root  
mineral water from source  
nectarine  
onion (sparingly)  
persimmon  
pineapple  
pumpkin seed  
raspberry  
sea salt  
sea vegetables  
seaweed  
spirulina  
sweet potato  
tangerine  
taro root  
umeboshi plums  
vegetable juices  
watermelon

**Recovery diet equals 80% of your diet ALKALINE columns and 20% ACID columns.**

**Maintenance can be 60% alkaline, 40% acid.**

**Keep to the high and medium alkaline as often as possible, Avoid high acid columns and keep to the low acid column as often as possible.**

## Moderately Alkaline

apples  
apricots  
arugula  
asparagus  
broccoli  
cantaloupe  
carob  
carrots  
cashews  
cayenne  
chestnuts  
citrus  
dandelion  
dandelion tea  
dewberry  
edible flowers  
endive  
garlic  
ginger (fresh)  
grapefruit  
green beans  
herbal tea  
herbs (fresh)  
honeydew  
kale  
kambucha  
kelp  
kiwifruit  
kohlrabi  
loganberry  
mango  
molasses  
mustard green  
olive  
parsley  
parsnip  
passion fruit  
peas  
pepper  
raspberries  
soy sauce  
spices (fresh)  
sweet corn (organic)  
turnip

## Low Alkaline

almonds  
apple cider vinegar  
apples  
artichokes  
avocado  
bell pepper  
blackberry  
cabbage (home fermented)  
cauliflower  
cherry  
cod liver oil  
collard green  
egg yolks  
eggplant  
ginseng  
green tea  
herbs  
honey (raw)  
leeks  
mushrooms  
nutritional yeast  
papaya  
peach  
pear  
potato  
primrose oil  
pumpkin  
quail eggs  
radishes  
rice syrup  
rutabaga  
sake  
sesame seed  
sprouts  
watercress

## Very Low Alkaline

alfalfa sprouts  
avocado oil  
banana  
beet  
Blueberry  
brussel sprouts  
celery  
chive  
cilantro  
coconut oil  
cucumber  
currant  
duck eggs  
fermented veggies  
flax oil  
ghee  
ginger tea  
grain coffee  
grapes  
hemp seed oil  
japonica rice  
lettuces  
oats  
okra  
olive oil  
orange  
quinoa  
raisin  
sprouted seeds  
squashes  
Strawberry  
sunflower seeds  
tahini  
tempeh  
turnip greens  
umeboshi vinegar  
wild rice



# Alkaline Food Chart

### Very Low Acidic

amaranth  
black-eyed peas  
brown rice  
butter  
canola oil  
chutney  
coconut  
cream  
curry  
dates  
dry fruit (no sulfites)  
fava beans  
figs  
fish (fresh)  
gelatin  
goat cheese  
grape seed oil  
guava  
honey (local)  
kasha  
koma coffee  
maple syrup  
millet  
organs  
pine nuts  
pumpkin seed oil  
rhubarb  
sheep cheese  
spinach  
string beans  
sunflower oil  
triticale  
venison (deer)  
vinegar  
wax beans  
wild duck  
zucchini

### Low Acidic

adzuki beans  
aged cheese  
alcohol  
almond oil  
balsamic vinegar  
black tea  
boar  
buckwheat  
chard  
cow milk (raw)  
elk  
farina  
game meat  
goat milk  
goose  
kamut  
kidney beans  
lamb  
lima beans  
milk  
mollusks  
mutton  
navy beans  
pinto beans  
plum  
red beans  
safflower oil  
seitan  
semolina  
sesame oil  
shell fish  
soy cheese  
spelt  
tapioca  
teff  
tofu  
tomatoes  
turkey  
vanilla  
wheat  
white beans  
white rice

### Moderately Acidic

barley groats  
basmati rice  
bear  
casein  
chestnut oil  
chicken  
coffee  
corn  
cottage cheese  
cranberry  
egg whites  
fructose  
garbanzo beans  
green peas  
honey (pasteurized)  
ketchup  
lard  
maize  
mussels  
mustard  
nutmeg  
oat bran  
olives (pickled)  
other legumes  
palm kernel oil  
pasta (whole grain)  
pastry  
peanuts  
pecans  
pistachio seeds  
pomegranate  
popcorn  
pork  
prunes  
rye  
snow peas  
soy milk  
squid  
veal

### Highly Acidic

alcohol (all)  
artificial sweeteners  
barley  
beef  
brazil nuts  
breads  
brown sugar  
cocoa  
cottonseed oil  
flour (white)  
fried foods  
fruit juices (pasteurized)  
hazelnuts  
hops  
ice cream  
jam / jelly  
liquor  
lobster  
malt  
pasta (commercial)  
pheasant  
pickles (commercial)  
processed cheese  
seafood (processed)  
soft drinks  
soybean  
sugar  
table salt  
walnuts  
white bread  
white vinegar  
whole wheat foods  
wine  
yeast  
yogurt (sweetened)



## Acidic Food Chart