

### 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

### 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

**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.**

**Optim8**  
HEALTH & WELLNESS

## Alkaline Food Chart

| Very Low Acidic         | Low Acidic       | Moderately Acidic   | Highly Acidic              |
|-------------------------|------------------|---------------------|----------------------------|
| amaranth                | adzuki beans     | barley groats       | alcohol (all)              |
| black-eyed peas         | aged cheese      | basmati rice        | artificial sweeteners      |
| brown rice              | alcohol          | bear                | barley                     |
| butter                  | almond oil       | casein              | beef                       |
| canola oil              | balsamic vinegar | chestnut oil        | brazil nuts                |
| chutney                 | black tea        | chicken             | breads                     |
| coconut                 | boar             | coffee              | brown sugar                |
| cream                   | buckwheat        | corn                | cocoa                      |
| curry                   | chard            | cottage cheese      | cottonseed oil             |
| dates                   | cow milk (raw)   | cranberry           | flour (white)              |
| dry fruit (no sulfites) | elk              | egg whites          | fried foods                |
| fava beans              | farina           | fructose            | fruit juices (pasteurized) |
| figs                    | game meat        | garbanzo beans      | hazelnuts                  |
| fish (fresh)            | goat milk        | green peas          | hops                       |
| gelatin                 | goose            | honey (pasteurized) | ice cream                  |
| goat cheese             | kamut            | ketchup             | jam / jelly                |
| grape seed oil          | kidney beans     | lard                | liquor                     |
| guava                   | lamb             | maize               | lobster                    |
| honey (local)           | lima beans       | mussels             | malt                       |
| kasha                   | milk             | mustard             | pasta (commercial)         |
| koma coffee             | mollusks         | nutmeg              | pheasant                   |
| maple syrup             | mutton           | oat bran            | pickles (commercial)       |
| millet                  | navy beans       | olives (pickled)    | processed cheese           |
| organs                  | pinto beans      | other legumes       | seafood (processed)        |
| pine nuts               | plum             | palm kernel oil     | soft drinks                |
| pumpkin seed oil        | red beans        | pasta (whole grain) | soybean                    |
| rhubarb                 | safflower oil    | pastry              | sugar                      |
| sheep cheese            | seitan           | peanuts             | table salt                 |
| spinach                 | semolina         | pecans              | walnuts                    |
| string beans            | sesame oil       | pistachio seeds     | white bread                |
| sunflower oil           | shell fish       | pomegranate         | white vinegar              |
| triticale               | soy cheese       | popcorn             | whole wheat foods          |
| venison (deer)          | spelt            | pork                | wine                       |
| vinegar                 | tapioca          | prunes              | yeast                      |
| wax beans               | teff             | rye                 | yogurt (sweetened)         |
| wild duck               | tofu             | snow peas           |                            |
| zucchini                | tomatoes         | soy milk            |                            |
|                         | turkey           | squid               |                            |
|                         | vanilla          | veal                |                            |
|                         | wheat            |                     |                            |
|                         | white beans      |                     |                            |
|                         | white rice       |                     |                            |

## Acidic Food Chart



Disclaimer: These charts are for information only and should not be used for medical advice. Consult a practitioner for medical diagnosis.