

THE ALKALINE-ACID HANDOUT

Highly Alkaline

baking soda
chlorella
dulse
lemons
lentils
limes
lotus root
mineral water
nectarine
onion
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
bancha tea
beans (fresh green)
broccoli
cantaloupe
carob
carrots
cashews
cayenne
chestnuts
citrus
dandelion
dandelion tea
dewberry
edible flowers
endive
garlic
ginger (fresh)
grapefruit
herbal tea
honeydew
kale
kombucha
kelp
kiwifruit
kohlrabi
loganberry
mango
molasses
mustard greens
olive
parsley
parsnip
passion fruit
peas pepper
raspberries
soy sauce
spices
sweet corn (fresh)
turnip

Low Alkaline

almonds
apple cider vinegar
apples (sour)
artichokes (Jerusalem)
avocado
bell pepper
blackberry
brown rice vinegar
cabbage
cauliflower
cherry
cod liver oil
collard greens
egg yolks
eggplant
green tea
honey (raw)
leeks
mushrooms
nutritional yeast
papaya
peach
pear
pickles (homemade)
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

Ideally 60 - 80% of
your diet would
come from
ALKALINE-forming
foods and 20-40%
from ACID-forming
foods.

For the acid
forming, skip the
fast-food burgers
and processed
goods whenever
possible, instead
choose healthier
options like beans,
grains and other
freshly made foods.

Handout courtesy of www.optim8healthandwellness.com

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
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)