

Acid Alkaline Food Charts

APPENDIX A

> ALKALINE FOODS

ALKALIZING VEGETABLES

Alfalfa	Cucumber	Mushrooms	Rutabaga
Barley Grass	Dandelions	Mustard Greens	Sea Veggies
Beet Greens	Dulce	Nightshade	Spinach, green
Beets	Edible Flowers	Veggies	Spirulina
Broccoli	Eggplant	Onions	Sprouts
Cabbage	Fermented Veggies	Parsnips	Sweet Potatoes
Carrot	Garlic	(high Glycemic)	Tomatoes
Cauliflower	Green Beans	Peas	Turnip
Celery	Green Peas	Peppers	Watercress
Chard Greens	Kale	Potatoes	Wheat Grass
Chlorella	Kohlrabi	Pumpkin	Wild Greens
Collard Greens	Lettuce	Radishes	Yams

ALKALIZING ORIENTAL VEGETABLES

Daikon	Root	Maitake	Reishi	Umeboshi
Dandelion	Kombu	Nori	Shitake	Wakame

ALKALIZING FRUITS

Apple	Coconut, fresh	Lime	Rhubarb
Apricot	Currants	Muskmelons	Strawberries
Avocado	Dates, dried	Nectarine	Tangerine
Banana (high Glycemic)	Figs, dried	Orange	Tomato
Berries	Grapes	Peach	Tropical Fruits
Blackberries	Grapefruit	Pear	Umeboshi Plums
Cantaloupe	Honeydew	Pineapple	Watermelon
Cherries, sour	Melon	Raisins	
	Lemon	Raspberries	

> ALKALINE FOODS

ALKALIZING GRAINS

Amaranth	Millet
Buckwheat	Quinoa
Chia/Salba	Spelt
Kamut	Wild Rice

ALKALIZING FATS & OILS

Avocado Oil	Grape seed Oil
Borage Oil	Olive Oil
Coconut Oil	Sesame Oil
Flaxseed Oil	Udo's Oil

ALKALIZING NUTS & SEEDS

Almonds	Caraway Seeds
Chestnut	Pumpkin Seeds
Coconut	Sesame Seeds
Pine Nut	Sunflower Seeds

ALKALIZING SPROUTS

Alfalfa Sprouts	Quinoa Sprouts
Amaranth Sprouts	Radish Sprouts
Broccoli Sprouts	Soy Sprouts
Mung Bean Sprouts	Spelt Sprouts

ALKALIZING GRASSES

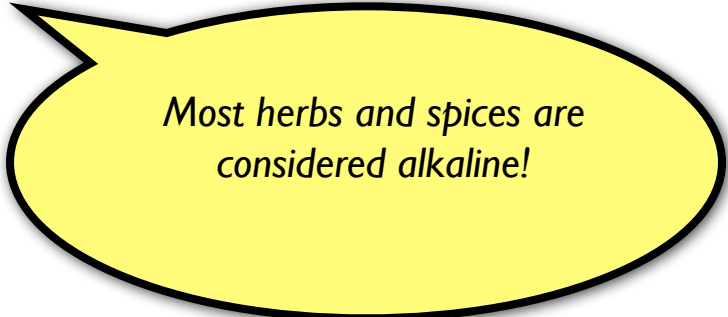
Alfalfa Grass	Straw Grass
Barley grass	Shave Grass
Kamut Grass	Wheat Grass
Oat Grass	

ALKALIZING BREADS

Buckwheat Bread	Sprouted Bread
Gluten/Yeast Free Breads & Wraps	Sprouted Wraps

ALKALIZING SWEETENERS

Stevia



Most herbs and spices are considered alkaline!

> ALKALINE FOODS

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet

Tempeh
(fermented)

Tofu
(fermented)

Whey Protein
Powder

ALKALIZING SPICES & SEASONINGS

Chili Pepper
Cinnamon
Curry
Ginger
Herbs (all)

Miso
Mustard
Sea Salt
Tamari

ALKALIZING OTHER

Alkaline Antioxidant
Water
Apple Cider Vinegar
Bee Pollen
Fresh Fruit Juice
Green Juices
Lecithin Granules

Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy
Products
Veggie Juices

ALKALIZING MINERALS

Calcium: pH of 12.0
Cesium: pH of 14.0
Magnesium: pH of 9.0

Potassium: pH of 14.0
Sodium: pH of 14.0

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end products they produce after digestion and assimilation are very alkaline. Therefore, lemons are considered as alkaline forming. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body. Therefore, like nearly all animal products, meat is categorized as very acidic forming.

Acid Alkaline Food Charts

APPENDIX A

> ACIDIC FOODS

ACIDIFYING VEGETABLES

Corn
Lentils

Olives
Winter Squash

ACIDIFYING VEGETABLES

Blueberries
Canned or
Glazed Fruits
Cranberries

Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

Barley	Flour, wheat	Oatmeal	Wheat Germ
Bran, oat	Flour, white	Oats (rolled)	Wheat
Bran, wheat	Hemp Seed	Rice (all)	
Bread	Flour	Rice Cakes	
Corn	Kamut	Rye	
Cornstarch	Macaroni	Spaghetti	
Crackers, soda	Noodles	Spelt	

ACIDIFYING BEANS & LEGUMES

Black Beans	Kidney Beans	Rice Milk	Soy Milk
Chick Peas	Pinto Beans	Soy Beans	White Beans
Green Peas	Red Beans		

ACIDIFYING DAIRY

Butter	Homogenized
Cheese	Milk
Cheese, Processed	Eggs
Cottage Cheese	Ice Cream

ACIDIFYING NUTS & BUTTERS

Cashews	Peanuts	Tahini
Peanut	Pecans	Walnuts
Butter		

> ACIDIC FOODS

ACIDIFYING ANIMAL PROTEIN

Bacon	Fish	Pike	Shellfish
Beef	Haddock	Pork	Shrimp
Carp	Lamb	Rabbit	Tuna
Clams	Lobster	Salmon	Turkey
Chicken	Mussels	Sardines	Veal
Cod	Organ Meats	Sausage	Venison
Corned Beef	Oyster	Scallops	

ACIDIFYING FATS & OILS

Butter	Margarine
Cod Liver Oil	Safflower Oil
Corn Oil	Sesame Oil
Hemp Seed Oil	
Lard	

ACIDIFYING SWEETENERS

Carob	Maple Syrup
Corn Syrup	Sugar
Honey	

ACIDIFYING ALCOHOL

Beer	Spirits
Hard Liquor	Wine

ACIDIFYING OTHER FOODS

Catsup	Pepper
Cocoa	Soft Drinks
Coffee	Vinegar
Mustard	

ACIDIFYING DRUGS & CHEMICALS

Aspirin	Herbicides
Chemicals	Pesticides
Drugs, Medicinal	Tobacco
Drugs, Psychedelic	

ACIDIFYING JUNK FOOD

Beer: pH of 2.5
Coca-Cola: pH of 2.0
Coffee: pH of 4.0

*** These foods leave an alkaline ash but have an acidifying effect on the body.*

UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart that can be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts Corn Kombucha Organic Milk (unpasteurized)	Potatoes, white Sauerkraut Soy Products Sunflower Seeds Yogurt
---	--

By now, differentiating acidic and alkalizing food should now be second nature. The charts provided above are categorized as alkalizing and acidic food, their corresponding pH levels, and provides a better understanding on what to avoid and what to choose, but how do we put them all together? Found below is a compilation of recipes examples, which are alternatives to the food we are normally use to, and will make the alkaline diet a much better experience.