

Alkaline/Acid Food Chart

Most Acid	Acid	Lowest Acid	Food Category	Lowest Alkaline	Alkaline	Most Alkaline
Aspartame NutraSweet, Equal	White Sugar, Brown Sugar	Processed Honey, Cocoa	Sweeteners	Raw Honey	Maple Syrup, Rice Syrup	Stevia Extract
Blackberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Sweetened Fruit Juices	Fruits	Oranges, Peaches, Avocados, Bananas, Pineapple, Cherries	Apples, Pears, Grapes, Melons, Dates, Figs, Kiwi, Raisins, Blueberries	Lemons, Limes Watermelon, Grapefruit, Mangoes, Papayas
Milk Chocolate	Potatoes (without skins), Pinto beans, Navy beans, Lima beans	Cooked Spinach, Kidney Beans, Sting Beans	Beans, Vegetables & Legumes	Carrots, Cabbage, Cauliflower, Cucumbers, Tomatoes, Radish, Tofu, Olives, Mushrooms, Fresh Corn	Lettuce, Zucchini, Egg Plant, Celery, Green Beans, Peas, Sweet Potato, Beets, Squash, Carob	Broccoli, Raw Spinach, Asparagus, Garlic, Onions, Parsley, Brussel Sprouts, Cayenne Pepper, Kelp, Seaweed, Vegetable Juices
Peanuts, Walnuts	Pistachios, Cashews, Pecans	Pumpkin, Sunflower Seeds, Linseeds	Nuts & Seeds	Chestnuts	Almonds	
		Corn Oil	Oils	Canola Oil	Flax Seed Oil, Olive Oil (salads)	Coconut Oil
White Flour, Pasta, Wheat, Pastries	White Bread, Oats, White Rice, Rye, Corn, Buckwheat	Most Grains, Wheat Bread, Brown Rice, Spelt	Grains & Cereals	Millet, Wild Rice, Quinoa, Amaranth		
Beef, Pork, Shellfish	Chicken, Turkey, Lamb	Cold Water Fish, Venison, Oysters	Meats			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Cottage Cheese	Eggs & Dairy	Soy Milk, Goat Milk, Rice Milk, Whey, Almond Milk		
Beer, Soft Drinks	Coffee	Tea	Beverages	Ginger Tea	Green Tea, Herbal Teas	Lemon Water, Spirulina Water, Baking Soda Water