

# Acid - Alkaline Food Chart

## ALKALINE FRUITS

Apples  
 Apricots  
 Avocados  
 Bananas  
 Berries  
 Cantaloupe  
 Cherries Currants  
 Dates  
 Figs  
 Grapes  
 Grapefruit  
 Guavas  
 Kumquats  
 Lemons  
 Limes  
 Loquats  
 Mangoes  
 Melons  
 Nectarines  
 Olives  
 Oranges  
 Papaya  
 Passion Fruit  
 Peaches  
 Pears  
 Persimmons  
 Pineapple  
 Pomegranates  
 Quince  
 Raisins  
 Strawberry  
 Tamarind  
 Tangerine

## ACID FRUITS

All preserved/jellied  
 Canned – sugared  
 Dried – sulfur  
 Cranberries  
 Olives

Note: Mineral content in food depends on microbial/enzyme mineral content of the soil. Without microbes, mineral transfer to plant life is negligible.

## ALKALINE VEGGIES

Bamboo shoots  
 Green beans  
 Lima beans  
 String beans  
 Sprouts  
 Beat  
 Broccoli  
 Cabbage  
 Carrots  
 Celery  
 Cauliflower  
 Chard  
 Chicory  
 Chives  
 Collards  
 Cowslip  
 Cucumber  
 Dandelion  
 Dill  
 Dock  
 Dulse  
 Eggplant  
 Endive  
 Escarole  
 Garlic  
 Horseradish  
 Jerusalem artichoke  
 Kale  
 Kohlrabi  
 Leek  
 Legumes (not lentils)  
 Lettuce  
 Okra  
 Onions  
 Oyster plant  
 Parsley  
 Parsnips  
 Peppers (green or red)  
 Potatoes  
 Pumpkin  
 Radish  
 Rutabaga  
 Sauerkraut  
 Sorrel  
 Spinach  
 Squash  
 Turnips  
 Water chestnut  
 Watercress

## ACID VEGETABLES

Artichokes  
 Asparagus  
 Beans (dried)  
 Brussel sprouts  
 Garbanzo beans  
 Lentils  
 Rhubarb

## ALKALINE DAIRY

Acidophilus  
 Buttermilk  
 Kefir/Yogurt  
 Whey

## ACID DAIRY

Butter  
 Eggs  
 Cheese  
 Cottage Cheese  
 Cream  
 Ice Cream  
 Custards  
 Milk (pasteurized)

## ALKALINE MEAT

None

## ACID MEAT

Meat (all)  
 Fish  
 Chicken  
 Turkey  
 Duck

## ACID CEREALS

All flour products  
 Buckwheat  
 Barley  
 Corn  
 Corn flakes  
 Grape nuts  
 Oatmeal  
 Rice  
 Rye

## ALKALINE NUTS

Almonds  
 Chestnuts  
 Coconut

## ACID NUTS

Peanuts  
 Pistachios  
 Walnuts  
 Macadamias

## ALKALINE MISC.

Ginger  
 Honey  
 Kelp  
 Alfalfa  
 Clover  
 Mint  
 Sage

## ACID MISC.

Alcohol  
 Coffee & Cocoa  
 Candy & Chocolate  
 Sugar  
 Soda drinks  
 Curry  
 Pepper & Spices  
 Dressings & Sauces  
 Drugs  
 Jams & Jellies  
 Flavors & Preservatives  
 Mayonnaise  
 Vinegar  
 Brine  
 Lack of Sleep  
 Worry & Stress

## PRIMARY

## ALKALINE MINERALS

Cesium  
 Calcium  
 Magnesium  
 Potassium  
 Manganese

Note: Foods that taste acid generally leave an alkaline residue at the end of the digestive process. Food such as meat, chicken and sugar do not taste acid. However, they deposit the greatest amounts of acid at the end of the digestive process. It is then up to alkaline ash minerals to neutralize these acid residues for cells to remain healthy. Cells must be slightly alkaline in order to produce acid for function. Interstitial and cellular fluid's pH must be alkaline for antioxidants to be effective against free radicals.