**Alkaline Food Chart by Degree**

Highly alkaline Moderately alkaline Low alkaline Very low alkaline

baking soda apples almonds alfalfa sprouts

chlorella apricots apple cider vinegar avocado oil

dulse arugula apples (sour) banana

lemons asparagus artichokes (jerusalem) beet

lentils banchi tea avocado blueberry

limes beans (fresh green) bell pepper brussel sprouts

lotus root broccoli blackberry celery

mineral water cantaloupe brown rice vinegar chive

nectarine carob cabbage cilantro

onion carrots cauliflower coconut oil

persimmon cashews cherry cucumber

pineapple cayenne cod liver oil currant

pumpkin seed chestnuts collard green duck eggs

raspberry citrus egg yolks fermented veggies

sea salt dandelion eggplant flax oil

sea vegetables dandelion tea ginseng ghee

seaweed dewberry green tea ginger tea

spirulina edible flowers herbs grain coffee

sweet potato endive honey (raw) grapes

tangerine garlic leeks hemp seed oil

taro root ginger (fresh) mushrooms japonica rice

umeboshi plums ginseng tea nutritional yeast lettuces

vegetable juices grapefruit papaya oats

watermelon herbal tea peach okra

 herbs (leafy green) pear olive oil

 honeydew pickles (homemade) orange

 kale potato quinoa

 kambucha primrose oil raisin

 kelp pumpkin sprouted seeds

 kiwifruit quail eggs squashes

 kohlrabi radishes strawberry

 loganberry rice syrup sunflower seeds

 mango rutabaga tahini

 molasses sake tempeh

 mustard green sesame seed turnip greens

 olive sprouts umeboshi vinegar

 parsley watercress wild rice

 parsnip

 passion fruit

 peas

 pepper

 raspberries

 soy sauce

 spices

 sweet corn (fresh)

 turnip

**Acidic Food Chart by Degree**

Very low acidic Low acidic Moderately acidic Highly acidic

amaranth adzuki beans barley groats artificial sweeteners

black-eyed peas aged cheese basmati rice barley

brown rice alcohol bear beef

butter almond oil casein beer

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 cranberry flour (white)

dry fruit elk egg whites fried foods

fava beans farina fructose fruit juices with sugar

figs game meat garbanzo beans hazelnuts

fish 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 lima beans mussels malt

kasha milk mustard pasta (white)

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

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