

The Alkaline Foods Chart

Complete List of Alkaline Foods
& Acidic Food pH Ratings
(<http://www.AcidAlkalineDiet.com>)



* You should aim for a 70/30 ratio between alkaline and acid foods.

There is no need to be extreme with your diet and remove all acidic foods. At the same time, very acidic foods should be avoided. Often they are harmful and not just for your pH levels.

Food Category	Food	Rating					
		<-- highly acidic	--	highly alkaline	--	>>	
Breads	Corn Tortillas	X					
Breads	Rye bread		X				
Breads	Sourdough bread	X					
Breads	White biscuit		X				
Breads	White bread		X				
Breads	Whole-grain bread		X				
Breads	Whole-meal bread		X				
Condiments	Ketchup		X				
Condiments	Mayonnaise		X				
Condiments	Miso		X				
Condiments	Mustard		X				
Condiments	Soy sauce		X				
Dairy	Buttermilk				X		
Dairy	Cheese (all varieties, from all milks)		X				
Dairy	Cream			X			
Dairy	Egg whites		X				
Dairy	Eggs (whole)		X				
Dairy	Homogenized milk			X			
Dairy	Milk (not pasteurized)			X			
Dairy	Milk (pasteurized)		X				
Dairy	Paneer (cheese)		X				
Dairy	Quark		X				
Dairy	Yoghurt (sweetened)		X				
Dairy	Yoghurt (unsweetened)			X			
Beverages & Drinks	Beer	X					

Beverages & Drinks	Coffee	x					
Beverages & Drinks	Coffee substitue drinks			x			
Beverages & Drinks	Fruit juice (natural)			x			
Beverages & Drinks	Fruit juice (sweetened)	x					
Beverages & Drinks	Liquor	x					
Beverages & Drinks	Soda/Pop		x				
Beverages & Drinks	Tea (black)	x					
Beverages & Drinks	Tea (herbal, green)				x		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x		
Beverages & Drinks	Water (sparkling)		x				
Beverages & Drinks	Water (spring)			x			
Beverages & Drinks	Wine		x				
Fats & Oils	Borage oil				x		
Fats & Oils	Butter			x			
Fats & Oils	Coconut Oil (raw)				x		
Fats & Oils	Cod liver oil			x			
Fats & Oils	Corn oil			x			
Fats & Oils	Evening Primrose oil				x		
Fats & Oils	Flax seed oil				x		
Fats & Oils	Margarine			x			
Fats & Oils	Marine lipids				x		
Fats & Oils	Olive Oil				x		
Fats & Oils	Sesame oil				x		
Fats & Oils	Sunflower oil			x			
Fruits	Acai Berry			x			
Fruits	Apples			x			
Fruits	Apricot			x			
Fruits	Apricots			x			
Fruits	Apricots (dried)			x			
Fruits	Avocado (protein)					x	
Fruits	Banana (ripe)				x		
Fruits	Banana (unripe)			x			
Fruits	Black currant			x			
Fruits	Blackberries			x			
Fruits	Blueberry			x			
Fruits	Cantaloupe			x			
Fruits	Cherry, sour				x		
Fruits	Cherry, sweet			x			
Fruits	Clementines			x			
Fruits	Coconut, fresh				x		
Fruits	Cranberry			x			
Fruits	Currant			x			
Fruits	Dates			x			
Fruits	Dates (dried)			x			
Fruits	Fig juice powder			x			
Fruits	Figs (dried)				x		
Fruits	Figs (raw)				x		

Fruits	Fresh lemon				x		
Fruits	Goji berries			x			
Fruits	Gooseberry, ripe			x			
Fruits	Grapefruit			x			
Fruits	Grapes (ripe)			x			
Fruits	Italian plum			x			
Fruits	Limes				x		
Fruits	Mandarin orange		x				
Fruits	Mango			x			
Fruits	Nectarine			x			
Fruits	Orange			x			
Fruits	Papaya			x			
Fruits	Peach			x			
Fruits	Pear			x			
Fruits	Pineapple		x				
Fruits	Pomegranate		x				
Fruits	Raspberry		x				
Fruits	Red currant			x			
Fruits	Rose hips		x				
Fruits	Strawberries			x			
Fruits	Strawberry			x			
Fruits	Tangerine			x			
Fruits	Tomato				x		
Fruits	Watermelon			x			
Fruits	Yellow plum			x			
Grains & Legumes	Basmati rice			x			
Grains & Legumes	Brown rice		x				
Grains & Legumes	Buckwheat				x		
Grains & Legumes	Bulgar wheat			x			
Grains & Legumes	Couscous			x			
Grains & Legumes	Granulated soy (cooked, ground)					x	
Grains & Legumes	kamut				x		
Grains & Legumes	Lentils				x		
Grains & Legumes	Lima beans					x	
Grains & Legumes	Oats			x			
Grains & Legumes	Rye bread			x			
Grains & Legumes	Soy flour				x		
Grains & Legumes	Soy lecithin, pure						x
Grains & Legumes	Soy nuts (soaked soy beans, then dried)						x
Grains & Legumes	Soybeans, fresh					x	
Grains & Legumes	Spelt				x		
Grains & Legumes	Tofu				x		
Grains & Legumes	Wheat		x				
Grains & Legumes	white (navy) beans					x	
Meat, Poultry & Fish	Beef	x					
Meat, Poultry & Fish	Buffalo		x				
Meat, Poultry & Fish	Chicken		x				

Meat, Poultry & Fish	Duck		x				
Meat, Poultry & Fish	Fresh water fish		x				
Meat, Poultry & Fish	Liver			x			
Meat, Poultry & Fish	Ocean fish		x				
Meat, Poultry & Fish	Organ meats			x			
Meat, Poultry & Fish	Oysters			x			
Meat, Poultry & Fish	Pork	x					
Meat, Poultry & Fish	sardines (canned)	x					
Meat, Poultry & Fish	Tuna (canned)	x					
Meat, Poultry & Fish	Veal	x					
Meat, Poultry & Fish	Wild salmon,		x				
Misc	Apple Cider Vinegar			x			
Misc	Baking soda					x	
Misc	Bee pollen				x		
Misc	Canned foods		x				
Misc	cereals (like Kelloggs etc)		x				
Misc	Hummus			x			
Misc	Microwaved foods		x				
Misc	POPCORN			x			
Misc	Rice milk			x			
Misc	Royal Jelly				x		
Misc	Soy Protein Powder			x			
Misc	Tempeh			x			
Misc	Whey protein powder			x			
Nuts	Almond				x		
Nuts	Almond butter (raw)				x		
Nuts	Brazil nuts			x			
Nuts	Cashews			x			
Nuts	Filberts			x			
Nuts	Hazelnut			x			
Nuts	Macadamia nuts (raw)			x			
Nuts	Peanut butter (raw, organic)		x				
Nuts	Peanuts		x				
Nuts	pine nuts (raw)				x		
Nuts	Pistachios		x				
Nuts	Walnuts			x			
Roots	Carrot				x		
Roots	Fresh red beet					x	
Roots	Kohlrabi				x		
Roots	Potatoes				x		
Roots	Red radish					x	
Roots	Rutabaga				x		
Roots	Summer black radish						x
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		

Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds			x			
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Milk sugar			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		

Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x
Vegetables	Dog grass						x
Vegetables	Endive, fresh					x	
Vegetables	French cut (green) beans					x	
Vegetables	Frozen vegetables		x				
Vegetables	Garlic					x	
Vegetables	Ginger					x	
Vegetables	Ginseng				x		
Vegetables	Green cabbage, (December Harvest)				x		
Vegetables	Green cabbage, (March Harvest)				x		
Vegetables	Horse radish				x		
Vegetables	Jicama						x
Vegetables	Kale						x
Vegetables	Kamut grass						x
Vegetables	Lamb's lettuce				x		
Vegetables	Leeks (bulbs)				x		
Vegetables	Lettuce				x		
Vegetables	Mushrooms		x				
Vegetables	Mustard greens				x		
Vegetables	Onion				x		
Vegetables	Oregano					x	
Vegetables	Parsnips				x		
Vegetables	Peas, fresh				x		
Vegetables	Peas, ripe				x		
Vegetables	Peppers				x		
Vegetables	Pickled vegetables	x					
Vegetables	Pumpkins (raw)				x		
Vegetables	Raw onions				x		
Vegetables	Red cabbage				x		
Vegetables	Rhubarb stalks				x		
Vegetables	Savoy Cabbage				x		
Vegetables	Sea Vegetables				x		
Vegetables	Seaweed (dulse, kelp, laver, etc)				x		
Vegetables	Shave grass						x
Vegetables	Sorrel					x	
Vegetables	Sourkraut		x				
Vegetables	Soy Sprouts						x
Vegetables	Spinach (March harvest)				x		
Vegetables	Spinach (other than March)					x	
Vegetables	Sprouted seeds (all kinds)						x
Vegetables	Squash (all kinds, raw)				x		
Vegetables	Straw grass						x
Vegetables	Thyme				x		
Vegetables	Tomatoes (puree)				x		
Vegetables	Tomatoes (raw)				x		

Vegetables	Tomatoes (sundried)	Red	Yellow	Light Green	X	Light Green	Dark Green
Vegetables	Watercress	Red	Yellow	Light Green	X	Light Green	Dark Green
Vegetables	Wheat grass	Red	Yellow	Light Green		Light Green	X
Vegetables	White cabbage	Red	Yellow	Light Green	X	Light Green	Dark Green
Vegetables	Yeast	Red	Yellow	X	Light Green	Light Green	Dark Green
Vegetables	Zucchini	Red	Yellow	Light Green	X	Light Green	Dark Green

ATTENTION: It is important you do an alkaline diet the correct way.

Eating the correct alkaline foods is one part of balancing your body, but there is more to it than just that.

You can find out how the [alkaline diet system](http://AcidAlkalineDiet.com/letter.htm) works here:

<http://AcidAlkalineDiet.com/letter.htm>

Inside I explain:

- **How To Test** if you body pH level is out of balance.
- Which Alkaline Foods will give you the best results and which acidic ones to avoid.
- How Alkaline Foods can **fight off sickness, disease, even cancer.**
- How to **restore healthy weight levels** without a restrictive lifestyle.
- Discover how to buzz with **vibrant energy and vitality**, all day long, even if you thought it was lost as a child.
- **Why you may find discrepancies** for pH ratings on various acid-alkaline food charts.
- **How long acidic problems** take to correct themselves and what **results** you will see & feel.
- Should you avoid **beef** and **wheat** foods? What about **alcohol** or **chicken**?
- The symptoms you need to look for to know if you need more alkaline foods in your diet.

Plus a much further detailed step-by-step alkaline plan.

Please use this alkaline foods chart to look up foods pH ratings then check out the [alkaline diet system](http://AcidAlkalineDiet.com) if you are anxious to get started.