

# ALKALINE AND ACIDIC FOOD CHART

This chart is for those trying to "adjust" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic (low on oxygen) and numbers above 7 alkaline. An acidic body is a sickness waiting to happen. This chart is intended only as a general guide to alkalizing and acidifying foods.

<b>ALKALIZING VEGETABLES</b> Alfalfa Barley Grass Beets Beet Greens Broccoli Cabbage Carrot Cauliflower Celery Chard Greens Chlorella Collard Greens Cucumber Dandelions Dulce Edible Flowers Eggplant Fermented Veggies Garlic Green Beans Green Peas Kale Kohlrabi Lettuce Mushrooms Mustard Greens Nightshade Veggies Onions Parsnips (high glycemic) Peas Peppers Pumpkin Radishes Rutabaga Sea Veggies Spinach, green Spirulina	<b>ACIDIFYING VEGETABLES</b> Corn Lentils Olives Winter Squash  <b>ACIDIFYING FRUITS</b> Blueberries Canned or Glazed Fruits Cranberries Currants Plums** Prunes**  <b>ACIDIFYING GRAINS, GRAIN PRODUCTS</b> Amaranth Barley Bran, wheat Bran, oat Corn Cornstarch Hemp Seed Flour Kamut Oats (rolled) Oatmeal Quinoa Rice (all) Rice Cakes Rye Spelt Wheat Wheat Germ Noodles Macaroni Spaghetti Bread
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Sprouts  
Sweet Potatoes  
Tomatoes  
Watercress  
Wheat Grass  
Wild Greens

**ALKALIZING  
ORIENTAL VEGETABLES**

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame

**ALKALIZING  
FRUITS**

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Raisins  
Raspberries

Crackers, soda  
Flour, white  
Flour, wheat

**ACIDIFYING  
BEANS & LEGUMES**

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

**ACIDIFYING  
DAIRY**

Butter  
Cheese  
Cheese, Processed  
Ice Cream  
Ice Milk

**ACIDIFYING  
NUTS & BUTTERS**

Cashews  
Legumes  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

**ACIDIFYING  
ANIMAL PROTEIN**

Bacon  
Beef  
Carp  
Clams  
Cod  
Corned Beef

Rhubarb  
Strawberries  
Tangerine  
Tomato  
Tropical Fruits  
Umeboshi Plums  
Watermelon

**ALKALIZING  
PROTEIN**

Almonds  
Chestnuts  
Millet  
Tempeh (fermented)  
Tofu (fermented)  
Whey Protein Powder

**ALKALIZING  
SWEETENERS**

Stevia

**ALKALIZING  
SPICES & SEASONINGS**

Cinnamon  
Curry  
Ginger  
Mustard  
Chili Pepper  
Sea Salt  
Miso  
Tamari  
All Herbs

**ALKALIZING  
OTHER**

Apple Cider Vinegar  
Bee Pollen  
Lecithin Granules  
Molasses, blackstrap  
Probiotic Cultures  
Soured Dairy Products  
Green Juices  
Veggie Juices  
Fresh Fruit Juice  
Mineral Water  
Alkaline Antioxidant Water

Fish  
Haddock  
Lamb  
Lobster  
Mussels  
Organ Meats  
Oyster  
Pike  
Pork  
Rabbit  
Salmon  
Sardines  
Sausage  
Scallops  
Shrimp  
Scallops  
Shellfish  
Tuna  
Turkey  
Veal  
Venison

**ACIDIFYING  
FATS & OILS**

Avacado Oil  
Butter  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil

**ACIDIFYING  
SWEETENERS**

Carob  
Sugar  
Corn Syrup

**ACIDIFYING  
ALCOHOL**

Beer  
Spirits

**ALKALIZING MINERALS**

Cesium: pH 14  
Potassium: pH 14  
Sodium: pH 14  
Calcium: pH 12  
Magnesium: pH 9

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

Hard Liquor  
Wine

**ACIDIFYING  
OTHER FOODS**

Catsup  
Cocoa  
Coffee  
Vinegar  
Mustard  
Pepper  
Soft Drinks

**ACIDIFYING  
DRUGS & CHEMICALS**

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides  
Tobacco

**ACIDIFYING  
JUNK FOOD**

Coca-Cola: pH 2  
Beer: pH 2.5  
Coffee: pH 4

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

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.

Vist God's Healing Word Ministry at <http://GodsHealingWord.org>