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.