The Acid & Alkaline Food Chart

Definitive listing of acid & alkaline foods in an easy to read... easy to print chart
Ph Value Food Chart – Clarification

As you are probably aware, there are many different conflicting food charts available online.

So before we start I want to clarify why/how we have classified the foods contained within this list. I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I prepared this chart... It is based on the research of the Alkaline Diet pioneer, Dr Young and, in my opinion, is the most accurate.

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the ‘ash’ that is left behind and what it’s pH is. While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar.

That is why on some charts high sugar fruits are listed as alkaline(!?). Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them very acidifying when we consume them.

So, basically, the main difference between the charts comes down to one simple thing:

Some charts determine acidity or alkalinity on the food before it is consumed and others (like mine) are more interested in the effect the food has on the body after it has been consumed.

Personally, I have no interest in what a food is before I’ve eaten it – I want to know whether it will alkalize or acidify my body.

Make sense?

I hope this helps clear things up.

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<table>
<thead>
<tr>
<th>Highly Alkaline</th>
<th>Moderately Alkaline</th>
<th>Mildly Alkaline</th>
<th>Moderately Acidic</th>
<th>Neutral/ Mildly Acidic</th>
<th>Highly Acidic</th>
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</thead>
<tbody>
<tr>
<td>pH 9.5 alkaline water</td>
<td>Avocado</td>
<td>Artichokes</td>
<td>Black Beans</td>
<td>Fresh, Natural Juice</td>
<td>Alcohol</td>
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<tr>
<td>Sea salt</td>
<td>Beetroot</td>
<td>Asparagus</td>
<td>Chickpeas/Garbanzos</td>
<td>Ketchup</td>
<td>Coffee &amp; Black Tea</td>
</tr>
<tr>
<td>Grasses</td>
<td>Pepper</td>
<td>Brussels Sprouts</td>
<td>Kidney Beans</td>
<td>Mayonnaise</td>
<td>Fruit Juice</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Cabbage</td>
<td>Cauliflower</td>
<td>Cantaloupe</td>
<td>Butter</td>
<td>Cocoa</td>
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<tr>
<td>Kale</td>
<td>Celery</td>
<td>Carrot</td>
<td>Currants</td>
<td>Apple</td>
<td>Honey</td>
</tr>
<tr>
<td>Kelp</td>
<td>Collard/Spring Greens</td>
<td>Chives</td>
<td>Fresh Dates</td>
<td>Apricot</td>
<td>Jam</td>
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<tr>
<td>Spinach</td>
<td>Endive</td>
<td>Zucchini</td>
<td>Nectarine</td>
<td>Banana</td>
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<td>Parsley</td>
<td>Garlic</td>
<td>Leeks</td>
<td>Plum</td>
<td>Blackberry</td>
<td>Mustard</td>
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<tr>
<td>Broccoli</td>
<td>Ginger</td>
<td>Baby Potatoes</td>
<td>Sweet Cherry</td>
<td>Blueberry</td>
<td>Rice Syrup</td>
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<tr>
<td>Sprouts (soy, alfalfa...)</td>
<td>Green Beans</td>
<td>Peas</td>
<td>Watermelon</td>
<td>Cranberry</td>
<td>Soy Sauce</td>
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<tr>
<td>Sea Vegetables (Kelp)</td>
<td>Lettuce</td>
<td>Rhubarb</td>
<td>Millet</td>
<td>Grapes</td>
<td>Vinegar</td>
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<td>Green drinks</td>
<td>Mustard Greens</td>
<td>Swede</td>
<td>Oats/Oatmeal</td>
<td>Mango</td>
<td>Yeast</td>
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<tr>
<td>All Sprouted Beans/ Sprouts</td>
<td>Okra</td>
<td>Watercress</td>
<td>Soybeans</td>
<td>Mango</td>
<td>Dried Fruit</td>
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<tr>
<td></td>
<td>Onion</td>
<td>Grapefruit</td>
<td>Rice/Soy/Hemp Protein</td>
<td>Milk</td>
<td>Beef</td>
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<td>Radish</td>
<td>Coconut</td>
<td>Freshwater Wild Fish</td>
<td>Brazil Nuts</td>
<td>Chicken</td>
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<tr>
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<td>Red Onion</td>
<td>Buckwheat</td>
<td>Rice &amp; Soy Milk</td>
<td>Pecan Nuts</td>
<td>Eggs</td>
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<tr>
<td></td>
<td>Rocket/Arugula</td>
<td>Spelt</td>
<td>Brazil Nuts</td>
<td>Hazelnuts</td>
<td>Farmed Fish</td>
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<td>Tomato</td>
<td>Lentils</td>
<td>Pecan Nuts</td>
<td>Sunflower Oil</td>
<td>Strawberry</td>
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<tr>
<td></td>
<td>Lemon</td>
<td>Tofu</td>
<td>Hazel Nuts</td>
<td>Grape-seed Oil</td>
<td>Brown Rice</td>
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<tr>
<td></td>
<td>Lime</td>
<td>Other Beans &amp; Legumes</td>
<td>Whole meal Bread</td>
<td></td>
<td>Oats</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Goat &amp; Almond Milk</td>
<td>Wild Rice</td>
<td></td>
<td>Rye Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Most Herbs &amp; Spices</td>
<td>Whole meal Pasta</td>
<td></td>
<td>Wheat</td>
</tr>
<tr>
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<td></td>
<td>Avocado Oil</td>
<td>Ocean Fish</td>
<td></td>
<td>Rye Bread</td>
</tr>
<tr>
<td></td>
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<td>Coconut Oil</td>
<td></td>
<td></td>
<td>Whole meal Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flax Oil</td>
<td></td>
<td></td>
<td>Wild Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Whole meal Pasta</td>
</tr>
</tbody>
</table>

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List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

**Vegetables!**
- Asparagus
- Broccoli
- Chili
- Capsicum/Pepper
- Zucchini
- Dandelion
- Snow peas
- Green Beans
- String Beans
- Runner Beans
- Spinach
- Kale
- Wakame
- Kelp
- Collards
- Chives
- Endive
- Chard
- Cabbage
- Sweet Potato
- Coriander
- Basil
- Brussels Sprouts
- Cauliflower
- Carrot
- Beetroot
- Eggplant
- Garlic
- Onion
- Parsley
- Celery
- Cucumber
- Watercress
- Lettuce
- Peas
- Broad Beans
- New Potato
- Pumpkin
- Radish

**Fruit!**
- Avocado
- Tomato
- Lemon
- Life
- Grapefruit
- Fresh Coconut

**Grains & Beans!**
- Amaranth
- Buckwheat
- Brown Rice
- Chia/Salba
- Kamut
- Millet
- Quinoa
- Spelt
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Soy Beans
- White Beans

**Breads!**
- Sprouted Bread
- Sprouted Wraps
- Gluten/Yeast Free
- Breads & Wraps

**Sprouts!**
- Soy Sprouts
- Alfalfa Sprouts
- Amaranth Sprouts
- Broccoli Sprouts
- Fenugreek Sprouts
- Mung Bean Sprouts
- Quinoa Sprouts
- Radish Sprouts
- Spelt Sprouts

**Nuts & Seeds!**
- Almonds
- Coconut
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

**Oils!**
- Avocado Oil
- Coconut Oil
- Flax Oil
- Olive Oil

**Grasses!**
- Wheatgrass
- Barley Grass
- Dog Grass
- Shave Grass
- Oat Grass

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### List of Acid Foods

Try to keep these foods to a maximum of 20% of your diet – or avoid altogether

#### Meat!
- Bacon
- Beef
- Clams
- Corned Beef
- Eggs
- Lamb
- Lobster
- Mussels
- Organ Meats
- Venison
- Fish

#### Dairy & Eggs!
- Butter
- Cheese
- Milk
- Whey
- Yogurt
- Cottage Cheese
- Ice Cream
- Sour Cream
- Soy Cheese
- Eggs

#### Fruit!
- Apple
- Apricot
- Currants
- Dates
- Grapes
- Mango
- Peach
- Pear
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tropical Fruits
- Berries
- Cantaloupe
- Cranberries
- Currants
- Honeydew Melon
- Orange
- Pineapple
- Plum

#### Drinks!
- Alcohol
- Black/Green Tea
- Flavored Water
- Coffee
- Carbonated Water
- Pasteurized Juice
- Cocoa
- Energy Drinks
- Sports Drinks
- Colas
- Tap Water
- Decaffeinated Drinks

#### Sauces!
- Mayonnaise
- Ketchup
- Mustard
- Soy Sauce
- Pickles
- Vinegar
- Tabasco
- Tamari
- Wasabi

#### Nuts & Seeds!
- Cashews
- Peanuts
- Pecans
- Pistachios
- Walnuts
- Brazil Nuts
- Chestnuts
- Hazelnuts
- Macadamia Nuts

#### Sweeteners!
- Artificial Sweeteners
- Carob
- Corn Syrup
- Fructose
- Processed Sugar
- Saccharine
- Sucrose
- Honey
- Maple Syrup

#### Oils!
- Cooked Oil
- Solid Oil (Margarine)
- Oil Exposed to Heat

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Lookouts & Top Tips

Tip #1 - Fruits
It might come as a surprise that fruits are considered to be acid-forming. This is purely because of their high sugar content, and so I strongly advise that you keep fruit to a minimum. However, you don’t have to avoid it completely and a piece per day as part of a balanced diet is fine.

Tip #2 - I Thought It Was Acid?!
There are a few exceptions where intuition goes out of the window and the most obvious of these is lemons and limes being considered as alkaline. This is because they have a high alkaline mineral content and almost no sugar - so they have an alkaline effect on the body after they are consumed. The same goes for tomatoes.

Tip #3 - Soy & Soy Sauce
Soy sauce, miso, tamari and all other fermented foods are acid-forming. This does not apply to the unfermented versions however, and soy sauce & tofu are OK to consume as part of your 20% mildly acid foods.

Tip #4 - Tea & Coffee
Tea & coffee are, of course, acid-forming - so if you need to cut them from your diet look for substitutes. All herbal teas are alkaline (except for the very fruity ones and green tea, which contains nearly as much caffeine as coffee).

Tip #5 - Bread
Bread is a tough one for many people, who rely upon it as a quick, filling part of lunch and breakfast. Try sprouted breads – raw breads - which are mildly alkaline. If these are hard to find go for wraps instead of sandwiches and look for yeast free/gluten free varieties.

Tip #6 - Hydration
Staying properly hydrated is probably the most important element of the alkaline diet.

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