

The At-A-Glance Acid/Alkaline Food List

EAT MORE ←

→ EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

Highly Alkaline

Moderately Alkaline

Mildly Alkaline

Moderately Acidic

Neutral/ Mildly Acidic

Highly Acidic

pH 9.5 alkaline water
Sea salt
Grasses
Cucumber
Kale
Kelp
Spinach
Parsley
Broccoli
Sprouts (soy, alfalfa...)
Sea Vegetables (Kelp)
Green drinks
All Sprouted Beans/
Sprouts

Avocado
Beetroot
Pepper
Cabbage
Celery
Collard/Spring Greens
Endive
Garlic
Ginger
Green Beans
Lettuce
Mustard Greens
Okra
Onion
Radish
Red Onion
Rocket/Arugula
Tomato
Lemon
Lime
Butter Beans
Soy Beans
White Haricot Beans
Chia/Salba
Quinoa

Artichokes
Asparagus
Brussels Sprouts
Cauliflower
Carrot
Chives
Zucchini
Leeks
Baby Potatoes
Peas
Rhubarb
Swede
Watercress
Grapefruit
Coconut
Buckwheat
Spelt
Lentils
Tofu
Other Beans & Legumes
Goat & Almond Milk
Most Herbs & Spices
Avocado Oil
Coconut Oil
Flax Oil

Black Beans
Chickpeas/Garbanzos
Kidney Beans
Cantaloupe
Currants
Fresh Dates
Nectarine
Plum
Sweet Cherry
Watermelon
Millet
Oats/Oatmeal
Soybeans
Rice/Soy/Hemp Protein
Freshwater Wild Fish
Rice & Soy Milk
Brazil Nuts
Pecan Nuts
Hazel Nuts
Sunflower Oil
Grape-seed Oil

Fresh, Natural Juice
Ketchup
Mayonnaise
Butter
Apple
Apricot
Banana
Blackberry
Blueberry
Cranberry
Grapes
Mango
Orange
Peach
Papaya
Pineapple
Strawberry
Brown Rice
Oats
Rye Bread
Wheat
Whole meal Bread
Wild Rice
Whole meal Pasta
Ocean Fish

Alcohol
Coffee & Black Tea
Fruit Juice ()
Cocoa
Honey
Jam
Jelly
Mustard
Rice Syrup
Soy Sauce
Vinegar
Yeast
Dried Fruit
Beef
Chicken
Eggs
Farmed Fish
Pork
Shellfish
Cheese
Dairy
Artificial Sweeteners
Syrup
Mushroom

List of Alkaline Foods

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

Vegetables!

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

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut

Breads!

Sprouted Bread
Sprouted Wraps
Gluten/Yeast Free
Breads & Wraps

Grains & Beans!

Amaranth	Lentils
Buckwheat	Lima Beans
Brown Rice	Mung Beans
Chia/Salva	Navy Beans
Kamut	Pinto Beans
Millet	Red Beans
Quinoa	Soy Beans
Spelt	White Beans

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

Grasses!

Wheatgrass
Barley Grass
Dog Grass
Shave Grass
Oat Grass

Oils!

Avocado Oil
Coconut Oil
Flax Oil
Olive Oil



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
Oyster
Pork
Rabbit
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal

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



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.