

...ALKALINE FOODS...

ALKALIZING VEGETABLES

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
Sprouts
Sweet Potatoes
Tomatoes

...ACIDIC FOODS...

ACIDIFYING VEGETABLES

Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

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
Crackers, soda
Flour, white
Flour, wheat

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
Rhubarb
Strawberries
Tangerine

**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
Fish
Haddock
Lamb
Lobster

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

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
Hard Liquor
Wine

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.

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.