



Acid & Alkaline Foods List

Alkaline Foods		Neutral / Moderately Acidic Foods		Very Acidic Foods	
Vegetables Artichokes Asparagus Bamboo Shoots Broccoli Beetroots Bell Peppers Brussels Sprouts Cabbages Carrots Cauliflowers Celery Chard Chayote Chicory Chives Collard Greens Cucumbers Dandelions Dills Eggplant Endives Garlic Green Beans Green Olives Green Peas Greens (leafy) Horseradishes Kale Kelp Leeks Lettuces Mustard Greens Okra Onions Oyster plants Parsley Parsnips Peas (fresh) Potatoes Radishes Rutabagas Sea Veggies Spinach Sprouts (all) Squash Sweet Potatoes Sweetcorn	Turnips Watercress Wheatgrass Wild Greens Dandelion Root Zucchini/Courgette Fruits Avocados Grapefruits Lemons Limes Tomatoes <i>(all above are most alkaline fruits)</i> Acai Berry Apples Apricots Bananas Berries Cherries Coconuts Cranberries Currants Dates Figs Goji Berries Gooseberries Grapes Mangos Melons Nectarines Oranges Papayas Peaches Pears Pineapples Plums Pomegranates Prunes Raisins Raspberries Rhubarb Other Tropical fruits – e.g Durian, Jackfruit, Rambutan, Lychees, Mangosteen, Egg Fruit, Snake Fruit	Vegetables Black Olives Mushrooms Fruits Fresh fruits are alkaline but need to be eaten on their own or at least first before any other food. If combined with fats and proteins, they ferment, causing indigestion and acidity. Dried Fruits – raisins, prunes, apricots Stewed Fruits	Oils & Fats Sunflower Oil Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil (Use refined oils in VERY small quantities, or not at all)	NOTE: ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy & frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream & bread Vegetables Pickled, Frozen & Canned Vegetables Fruits Tinned, sugared fruits Oils & Fats All Cooked, Processed or Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats Grasses & Sprouts All Sprouts Are Alkaline	



Alkaline Foods		Neutral / Moderately Acidic Foods		Acidic Foods	
Grains, Cereals & Breads Amaranth Buckwheat Kamut Millet Quinoa Spelt Sprouted Breads Sprouted Tortillas Yeast-Free Breads Dehydrated flax seed crackers Sweets & Desserts <u>None</u> Beans & Legumes All moderately acidic Drinks Alkaline Water Barley Grass Juice Coconut Water Fresh Lemon & Lime Water Fresh Veg Juices Green Drinks Green Tea Herbal Tea Wheatgrass Juice	Diary & Meat <u>None</u> Condiments & Spices (Unfermented Soy) Almond Butter Bee Pollen Bragg Aminos Chili Pepper Cinnamon Curry Powders Ginger Guacamole (fresh made) Herbs (all) Houmous Lemon Juice Lime Juice Sea Salt Spices (most) Oriental Vegetables Daikon Kombu Maitake Nori Reishi Sea Vegetables Shitake Umeboshi Wakame	Grains, Cereals & Breads Brown Rice Bulgar Wheat Home Made / Minimally Processed Breads Oats Wholegrain Pasta Sweets & Desserts Agave Honey Lo Han Guo Stevia Beans & Legumes Black Beans Canned Beans (Chick Peas) Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Red Beans Soy Beans White Beans Nuts & Seeds Almond Butter Almonds Brazil Nuts Caraway Seeds Cashews Cumin Seeds Fennel Seeds Hazel Nuts Hemp Seeds Peanuts Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Drinks Tap, Bottled,	Carbonated & Unfiltered Water Pasteurised Fruit & Tomato Juice Kombucha Tea Diary & Meat Quorn (meat substitute) Tofu Whey (Raw) Yogurt (Organic Fresh) Condiments & Spices Apple Cider Vinegar Miso Tahini Spices (hot)	Grains, Cereals & Breads Barley Bran, oat Bran, wheat Bread Corn Corn Chips Cornstarch Crackers Flour Granola Noodles Pasta Processed Grains Rice Cakes Rye Spaghetti Wheat Germ White Rice Wheat Cous Cous Sweets & Desserts <u>ALL</u> Sugar, Sugar Products & Artificial Sweeteners Beans & Legumes All moderately acidic Nuts & Seeds All salted are moderately acidic	Drinks Alcohol Black Tea Cocoa Coffee Energy Drinks Milk Soda Dairy & Meat <u>ALL</u> products – including chicken, beef, pork, lamb, fish, cheese, milk, yoghurt, eggs Condiments & Spices Fermented Sauces Jams & Preserves Mayonnaise Soy Sauce Sweet Chilli Sauce Tomato Ketchup Vinegar