



# 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.



# The At-A-Glance Acid/Alkaline Food List

Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Neutral/ Mildly Acidic	Moderately 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/Salba	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.

