

ACID / ALKALINE FOOD LIST



Highly acidic (Avoid when possible)	Moderately acidic (Use sparingly)	Neutral/ mildly acidic (Good for diet)	Mildly Alkaline (Good for diet)	Moderately Alkaline (Good for diet)	Highly Alkaline (Good for diet)
Alcohol	Fresh natural juice	Black beans	Artichokes	Avocado	Himalayan salt
Coffee & Black tea	Ketchup	Chickpeas / garbanzos	Asparagus	Beetroot	Grasses
Fruit juice (sweetened)	Mayonnaise	Kidney beans	Brussels Sprouts	Cabbage	Cucumber
Cocoa	Butter	Seitan	Cauliflower	Celery	Kale
Honey	Apple	Cantaloupe	Carrot	Capsicum / pepper	Kelp
Jam	Apricot	Currents	Chives	Collard / spring greens	Spinach
Jelly	Banana	Fresh dates	Courgette / Zucchini	Endive	Parsley
Mustard	Blackberry	Nectarine	Leeks	Garlic	Broccoli
Miso	Blueberry	Plum	New Baby Potatoes	Ginger	Sprouts (radish, alfalfa etc.)
Rice Syrup	Cranberry	Sweet cherry	Peas	Lettuce	
Soy sauce	Grapes	Watermelon	Rhubarb	Mustard Greens	Green drinks
Vinegar	Mango		Swede	Okra	
Yeast	Mangosteen	Amaranth	Watercress	Onion	All sprouted beans/ sprouts
Dried fruit	Orange	Millet	Grapefruit	Radish	
Beef	Peach	Oats/oatmeal	Coconut	Red Onion	
Chicken	Papaya	Spelt	Buckwheat	Rocket/Arugula	
Eggs	Pineapple	Soybeans	Quinoa	Tomato	
Farmed eggs	Strawberry		Spelt	Lemon	
Farmed fish	Brown Rice	Rice/soy/help protein	Lentils	Lime	
Pork	Oats	Rice & soy milk	Tofu	Soy beans	
Shellfish	Rye Bread	Freshwater wild fish	Goat & Almond milk	White haricot beans	
Cheese	Wheat	Hazel nuts	Other beans & legumes	Butter beans	
Dairy	Whole meal bread	Brazil nuts pecan nuts	Most herbs and spices	Green Beans	
Artificial sweeteners	Wild rice	Sunflower oil	Flax oil / Udos oil	Chia / salba	
Syrup	Whole meal pasta	Grape seed oil	Avocado oil	Quinoa	
Mushroom	Ocean fish		Coconut oil		