### ALKALIZING VEGETABLES

- Alfalfa
- Barley Grass
- Beet Greens
- Beets
- 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
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radishes
- Rutabaga
- Sea Veggies
- Spinach, green
- Spirulina
- Sprouts
- Sweet Potatoes
- Tomatoes
- Turnip
- Watercress
- Wheat Grass
- Wild Greens
- Yams

### ALKALIZING ORIENTAL VEGETABLES

- Daikon
- Root
- Maitake
- Reishi
- Umeboshi
- Dandelion
- Kombu
- Nori
- Shitake
- 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
- Nectarines
- Orange
- Peach
- Pear
- Pineapple
- Raisins
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Tomato
- Tropical Fruits
- Umeboshi Plums
- Watermelon
### ALKALIZING FOODS

#### ALKALIZING GRAINS
- Amaranth
- Buckwheat
- Chia/Salba
- Kamut
- Millet
- Quinoa
- Spelt
- Wild Rice

#### ALKALIZING NUTS & SEEDS
- Almonds
- Chestnut
- Coconut
- Pine Nut
- Caraway Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

#### ALKALIZING SPROUTS
- Alfalfa Sprouts
- Amaranth Sprouts
- Broccoli Sprouts
- Mung Bean Sprouts
- Quinoa Sprouts
- Radish Sprouts
- Soy Sprouts
- Spelt Sprouts

#### ALKALIZING GRASSES
- Alfalfa Grass
- Barley grass
- Kamut Grass
- Oat Grass
- Straw Grass
- Shave Grass
- Wheat Grass

#### ALKALIZING FATS & OILS
- Avocado Oil
- Borage Oil
- Coconut Oil
- Flaxseed Oil
- Grape seed Oil
- Olive Oil
- Sesame Oil
- Udo’s Oil

#### ALKALIZING SWEETENERS
- Stevia

*Most herbs and spices are considered alkaline!*
**ALKALINE FOODS**

<table>
<thead>
<tr>
<th>ALKALIZING PROTEIN</th>
<th>ALKALIZING SPICES &amp; SEASONINGS</th>
<th>ALKALIZING OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>Almonds</td>
<td>Chili Pepper</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>Tempeh (fermented)</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Millet</td>
<td>Tofu (fermented)</td>
<td>Curry</td>
</tr>
<tr>
<td></td>
<td>Whey Protein Powder</td>
<td>Ginger</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Herbs (all)</td>
</tr>
</tbody>
</table>

**ALKALIZING MINERALS**

- Calcium: pH of 12.0
- Cesium: pH of 14.0
- Magnesium: pH of 9.0
- Potassium: pH of 14.0
- Sodium: pH of 14.0

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.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however, the end products they produce after digestion and assimilation are very alkaline. Therefore, lemons are considered as alkaline forming. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body. Therefore, like nearly all animal products, meat is categorized as very acidic forming.
### Acidifying Foods

#### Acidic Foods

**Acidifying Vegetables**
- Corn
- Lentils
- Olives
- Winter Squash
- Blueberries
- Canned or Glazed Fruits
- Cranberries
- Barley
- Bran, oat
- Bran, wheat
- Bread
- Corn
- Cornstarch
- Crackers, soda
- Oatmeal
- Oats (rolled)
- Rice (all)
- Rice Cakes
- Rye
- Spaghetti
- Spelt
- Wheat Germ
- Wheat

**Acidifying Beans & Legumes**
- Black Beans
- Chick Peas
- Green Peas
- Kidney Beans
- Pinto Beans
- Red Beans
- Rice Milk
- Soy Beans

**Acidifying Dairy**
- Butter
- Cheese
- Cheese, Processed
- Cottage Cheese
- Homogenized Milk
- Eggs
- Ice Cream
- Cashews
- Peanut Butter

**Acidifying Nuts & Butters**
- Peanuts
- Pecans
- Tahini
- Walnuts
### ACIDIC FOODS

#### ACIDIFYING ANIMAL PROTEIN
- Bacon
- Beef
- Carp
- Clams
- Chicken
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork
- Rabbit
- Salmon
- Sardines
- Sausage
- Scallops
- Shellfish
- Shrimp
- Tuna
- Turkey
- Veal
- Venison

#### ACIDIFYING FATS & OILS
- Butter
- Cod Liver Oil
- Corn Oil
- Hemp Seed Oil
- Lard
- Margarine
- Safflower Oil
- Sesame Oil

#### ACIDIFYING SWEETENERS
- Carob
- Corn Syrup
- Honey
- Maple Syrup
- Sugar

#### ACIDIFYING ALCOHOL
- Beer
- Hard Liquor
- Spirits
- Wine

#### ACIDIFYING OTHER FOODS
- Catsup
- Cocoa
- Coffee
- Mustard
- Pepper
- Soft Drinks
- Vinegar

#### ACIDIFYING DRUGS & CHEMICALS
- Aspirin
- Chemicals
- Drugs, Medicinal
- Drugs, Psychedelic
- Herbicides
- Pesticides
- Tobacco

#### ACIDIFYING JUNK FOOD
- Beer: pH of 2.5
- Coca-Cola: pH of 2.0
- Coffee: pH of 4.0

**These foods leave an alkaline ash but have an acidifying effect on the body.**
UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart that can be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

| Brazil Nuts   | Potatoes, white          |
|               | Corn                     |
|               | Kombucha                 |
|               | Organic Milk (unpasteurized) |
|               | Sauerkraut               |
|               | Soy Products             |
|               | Sunflower Seeds          |
|               | Yogurt                   |

By now, differentiating acidic and alkalizing food should now be second nature. The charts provided above are categorizes as alkalizing and acidic food, their corresponding pH levels, and provides a better understanding on what to avoid and what to choose, but how do we put them all together? Found below is a compilation of recipes examples, which are alternatives to the food we are normally use to, and will make the alkaline diet a much better experience.