



# ALKALINE FOOD CHART

A good guide is to apply an 80/20 rule, 80 being alkaline foods and 20 being acid foods.

## ALKALINE VEGETABLES

Alfalfa  
Asparagus  
Beetroot  
Beetroot greens  
Barley Grass  
Bok Choy  
Broccoli  
Brussel sprouts  
Cabbage  
Capsicum  
Cauliflower  
Carrot  
Celery  
Chard  
Chlorella  
Collard greens  
Cucumber  
Eggplant  
Garlic  
Green beans  
Kale  
Lettuce  
Mushrooms  
Mustard greens  
Onions  
Pak Choy  
Parsnip  
Peas  
Pumpkin  
Radish  
Silver beet  
Spinach  
Spirulina  
Sprouts  
Sweet potato  
Tomatoes  
Watercress  
Wheatgrass  
Wild greens

## ALKALINE FRUITS

Apple  
All berries (except blueberries)  
Apricot  
Avocado  
Bananas  
Cherries  
Coconut (fresh)  
Currants  
Dates  
Figs  
Grapefruit  
Grapes  
Honeydew melon  
Lemon  
Lime  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Rock melon  
Tomato  
Tropical fruits  
Rhubarb  
Watermelon

## ALKALINE PROTEINS

Almonds  
Chestnuts  
Chicken breast  
Cottage cheese  
Flax seed  
Millet  
Nuts  
Pumpkin seed  
Sunflower seed  
Squash seed  
Tofu  
Whey protein powder  
Yogurt

## OTHER ALKALINE FORMING FOODS

Alkaline water  
Apple cider vinegar  
Banchi tea  
Bee pollen  
Fruit and vegetable juice (fresh)  
Ginseng tea  
Green juice  
Green tea  
Herbal tea  
Kombucha  
Lecithin granules  
Mineral water  
Organic milk  
Probiotic cultures

## ORIENTAL VEGETABLES

Daikon  
Dandelion root  
Kombu  
Maitake  
Nori  
Reishi  
Shitake  
Umeboshi  
Wakame seaweed

## ALKALINE HERBS AND SPICES

All herbs  
Chili  
Cinnamon  
Curry powder  
Ginger  
Miso  
Mustard  
Sea salt

## ACIDIC FOODS

Almond milk  
Barley  
Black beans  
Blueberries  
Bread  
Buckwheat  
Cashews  
Chick peas  
Corn  
Cranberries  
Green peas  
Hemp seed flour  
Kamut  
Kidney beans  
Lentils  
Lima beans  
Noodles  
Oats and wheat  
Olives  
Pasta  
Pecans  
Prunes  
Rice (all)  
Rice cakes  
Rice milk  
Rye  
Soda drinks  
Soy beans and milk  
Spelt  
Squash  
Tahini  
Tinned fruits  
Walnuts  
Wheat cakes  
White beans

## ACIDIC DAIRY FOODS

Butter  
Cheese  
Ice Cream  
Milk

## ACIDIC ANIMAL FOODS

Bacon  
Beef  
Carp  
Fish  
Lamb  
Lobster  
Mussels  
Offal  
Oysters  
Pork  
Prawns  
Rabbit  
Salmon  
Scallops  
Tuna  
Turkey  
Veal  
Venison

## OTHER ACIDIC ITEMS

All chemicals  
Beer  
Coffee  
Liquors  
Soft drink  
Spirits  
Sugar  
Tobacco  
Vinegar  
Wine