

# ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

ACID FORMING FOODS				ALKALINE FORMING FOODS		
MOST ACID	ACID	LOWEST ACID	FOOD CATEGORY	LOWEST ALKALINE	ALKALINE	MOST ALKALINE
NutraSweet, Equal, Aspartame	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blackberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avacados	Date, Figs, Melons, Raisins, Grapes, Kiwi, Blueberries, Apples, Pears	Lemons, Limes, Watermelon, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto beans, Navy beans, Lima beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Garlic, Parsley, Raw Spinach, Broccoli, Vegetable Juices
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS & SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Brown Rice, Spelt	GRAINS/ CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS/ DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

\*The colors used for this chart are not directly relative to the pH scale.

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 so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.