

Highly Alkaline	Moderately Alkaline	Low Alkaline	Very Low Alkaline	Very Low Acidic	Low Acidic	Moderately Acidic	Highly Acidic
baking soda	apples	almonds	alfalfa sprouts	amaranth	adzuki beans	barley groats	artificial sweeteners
chlorella	apricots	apple cider vinegar	avocado oil	black-eyed peas	aged cheese	basmati rice	barley
dulse	arugula	apples (sour)	banana	brown rice	alcohol	bear	beef
lemons	asparagus	artichokes	beet	butter	almond oil	casein	beer
lentils	banchi tea	avocado	blueberry	canola oil	balsamic vinegar	chestnut oil	brazil nuts
limes	beans (fresh green)	bell pepper	brussel sprouts	chutney	black tea	chicken	bread
lotus root	broccoli	blackberry	celery	coconut	boar	coffee	brown sugar
mineral water	cantaloupe	brown rice vinegar	chive	cream	buckwheat	corn	cocoa
nectarine	carob	cabbage	cilantro	curry	chard	cottage cheese	cottonseed oil
onion	carrots	cauliflower	coconut oil	dates	cow milk	cranberry	flour (white)
persimmon	cashews	cherry	cucumber	dry fruit	elk	egg whites	fried foods
pineapple	cayenne	cod liver oil	currant	fava beans	farina	fructose	fruit juices with sugar
pumpkin seed	chestnuts	collard green	duck eggs	figs	game meat	garbanzo beans	hazelnuts
raspberry	citrus	egg yolks	fermented veggies	fish	goat milk	green peas	hops
sea salt	dandelion	eggplant	flax oil	gelatin	goose	honey (pasteurized)	ice cream
sea vegetables	dandelion tea	ginseng	ghee	goat cheese	kamut	ketchup	jam / jelly
spirulina	dewberry	green tea	ginger tea	grape seed oil	kidney beans	lard	liquor
sweet potato	edible flowers	herbs	grain coffee	guava	lamb	maize	lobster
tangerine	endive	honey (raw)	grapes	honey	lima beans	mussels	malt
taro root	garlic	leeks	hemp seed oil	kasha	milk	mustard	pasta (white)
umeboshi plums	ginger (fresh)	mushrooms	japonica rice	koma coffee	mollusks	nutmeg	pheasant
vegetable juices	ginseng tea	nutritional yeast	lettuces	maple syrup	mutton	oat bran	pickles (commercial)
watermelon	grapefruit	papaya	oats	millet	navy beans	olives (pickled)	processed cheese
	herbal tea	peach	okra	organs	pinto beans	other legumes	seafood
	herbs (leafy green)	pear	olive oil	pine nuts	plum	palm kernel oil	soft drinks
	honeydew	pickles (homemade)	orange	pumpkin seed oil	red beans	pasta (whole grain)	soybean
	kale	potato	quinoa	rhubarb	safflower oil	pastry	sugar
	kambucha	primrose oil	raisin	sheep cheese	seitan	peanuts	table salt
	kelp	pumpkin	sprouted seeds	spinach	semolina	pecans	walnuts
	kiwifruit	quail eggs	squashes	string beans	sesame oil	pistachio seeds	white bread
	kohlrabi	radishes	strawberry	sunflower oil	shell fish	pomegranate	white vinegar
	loganberry	rice syrup	sunflower seeds	triticale	soy cheese	popcorn	whole wheat foods
	mango	rutabaga	tahini	venison (deer)	spelt	pork	wine
	molasses	sake	tempeh	vinegar	tapioca	prunes	yeast
	mustard green	sesame seed	turnip greens	wax beans	teff	rye	yogurt (sweetened)
	olive	sprouts	umeboshi vinegar	wild duck	tofu	snow peas	Sweets
	parsley	watercress	wild rice	zucchini	tomatoes	soy milk	Chocolate
	parsnip				turkey	squid	Microwave Meals
	passion fruit				vanilla	veal	Tinned Foods
	peas				wheat		Powdered Soups
	pepper				white beans		Instant Meals
	raspberries				white rice		Fast Food
	soy sauce						

Alkaline/Acidic Food Chart Provided  
 By: <http://ExtremeNaturalHealthNews.com>  
 & <http://HealthierLiving4You.com>

**Disclaimer:** This chart is for information only and should not be used for the treatment of medical conditions. Extreme Natural Health News and Healthier Living 4 You has used all reasonable care in compiling the information, but makes no warranty as to its accuracy. Consult a doctor for diagnosis and treatment of medical conditions.

Try to eat foods that are grown in the earth, natural foods. These foods are what are bodies were made to eat. Doing this will help keep your body more healthy! Try to consume 80% Alkaline foods and 20% Acid foods