### Acid - Alkaline Food Chart

**ALKALINE FRUITS**
- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes
- Grapefruit
- Guavas
- Kumquats
- Lemons
- Limes
- Loquats
- Mangoes
- Melons
- Nectarines
- Olives
- Oranges
- Papaya
- Passion Fruit
- Peaches
- Pears
- Persimmons
- Pineapple
- Pomegranates
- Quince
- Raisins
- Strawberry
- Tamarind
- Tangerine

**ALKALINE VEGGIES**
- Bamboo shoots
- Green beans
- Lima beans
- String beans
- Sprouts
- Beet
- Broccoli
- Cabbage
- Carrots
- Celery
- Cauliflower
- Chard
- Chicory
- Chives
- Collards
- Cowslip
- Cucumber
- Dandelion
- Dill
- Dock
- Dulse
- Eggplant
- Endive
- Escarole
- Garlic
- Horseradish
- Jerusalem artichoke
- Kale
- Kohlrabi
- Leek
- Legumes (not lentils)
- Lettuce
- Okra
- Onions
- Oyster plant
- Parsley
- Parsnips
- Peppers (green or red)
- Potatoes
- Pumpkin
- Radish
- Rutabaga
- Sauerkraut
- Sorrel
- Spinach
- Squash
- Turnips
- Water chestnut
- Watercress

**ACID VEGETABLES**
- Artichokes
- Asparagus
- Beans (dried)
- Brussel sprouts
- Garbanzo beans
- Lentils
- Rhubarb

**ALKALINE DAIRY**
- Acidophilus
- Buttermilk
- Kefir/Yogurt
- Whey

**ALKALINE MEAT**
- None

**ALKALINE NUTS**
- Almonds
- Chestnuts
- Coconut

**ACID NUTS**
- Peanuts
- Pistachios
- Walnuts
- Macadamias

**ALKALINE MISC.**
- Ginger
- Honey
- Kelp
- Alfalfa
- Mint
- Sage

**ACID MISC.**
- Alcohol
- Coffee & Cocoa
- Candy & Chocolate
- Sugar
- Soda drinks
- Curry
- Pepper & Spices
- Dressings & Sauces
- Drugs
- Jams & Jellies
- Flavors & Preservatives
- Mayonnaise
- Vinegar
- Brine
- Lack of Sleep
- Worry & Stress

**ACID CEREALS**
- All flour products
- Buckwheat
- Barley
- Corn
- Corn flakes
- Grape nuts
- Oatmeal
- Rice
- Rye

**ALKALINE MEATS**
- Meat (all)
- Fish
- Chicken
- Turkey
- Duck

**ACID MINERALS**
- Cesium
- Calcium
- Magnesium
- Potassium
- Manganese

Note: Mineral content in food depends on microbial/enzyme mineral content of the soil. Without microbes, mineral transfer to plant life is negligible.

Note: Foods that taste acid generally leave an alkaline residue at the end of the digestive process. Food such as meat, chicken and sugar do not taste acid. However, they deposit the greatest amounts of acid at the end of the digestive process. It is then up to alkaline ash minerals to neutralize these acid residues for cells to remain healthy. Cells must be slightly alkaline in order to produce acid for function. Interstitial and cellular fluid’s pH must be alkaline for antioxidants to be effective against free radicals.