



The Definitive
**Acid & Alkaline Food
Chart**

version 2.0

energiseforlife.com



Definitive listing of acid & alkaline foods in an easy to read, easy to print chart

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The Energise Acid/Alkaline Food List

Your VERSION 2.0 Energise Acid/Alkaline Food List contains the following:

At a Glance Guide

Gives you a quick reference chart for the most commonly used alkaline and acid foods. This is a really useful chart you can print out and stick onto your fridge!

Detailed Alkaline Foods

A more in-depth look at the foods that have an alkalisng effect on the body. Includes vegetables, nuts, seeds, pulses, grains, fats, oils, fruits and more!

Detailed Acid Foods

A more in-depth look at the foods that have an acidifying effect on the body. Like the alkaline foods these are listed on a scale from mildly acid through to strong acid, to help you make better food choices.

Lookouts and Top Tips

There are a number of foods and drinks that at first glance would seem to be alkaline or acid, when the opposite is actually true! This gives you a quick cheat sheet and reference guide to make sure you don't get caught out.

Five Brand New Recipes!

Variety and taste are vitally important to sticking with the alkaline lifestyle. To keep you going I've included five brand new alkaline diet recipes. They are easy, quick and most importantly - delicious!



The Philosophy Behind Our Food Chart

As you are probably aware, there are many different conflicting food charts available online. So before we start I want to clarify why how we have classified the foods contained within this list. I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I set up Energise and I believe our chart (based on the research of the Alkaline Diet pioneer, Dr Young) is the most accurate.

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the 'ash' that is left behind and what its pH is.

While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar. That is why on some charts high sugar fruits are listed as alkaline. Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them very acidifying when we consume them.

So, basically, the main difference between the charts comes down to one simple thing:

Some charts determine acidity or alkalinity on the food before it is consumed & others (like mine) are more interested in the effect the food has on the body after it has been consumed.

Personally, I have no interest in what a food is before I've eaten it – I want to know whether it will alkalise or acidify my body. Make sense?

I hope this helps clear things up.

The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

Highly Alkaline

pH 9.5 alkaline water
 Himalayan salt
 Grasses
 Cucumber
 Kale
 Kelp
 Spinach (baby and grown)
 Parsley
 Broccoli
 Sprouts (soy, alfalfa etc)
 Sea Vegetables (Kelp)
 Green drinks
 All Sprouted Beans/
 Sprouts

Moderately Alkaline

Avocado
 Beetroot
 Basil
 Capsicum/Pepper
 Cabbage
 Celery
 Chives
 Collard/Spring Greens
 Coriander
 Endive
 Garlic
 Ginger
 Green Beans
 Lettuce
 Mustard Greens
 Okra
 Onion
 Radish
 Red Onion
 Rocket/Arugula
 Tomato
 Lemon
 Lime
 Butter Beans
 Soy Beans
 White Haricot Beans
 Chia/Salba
 Quinoa

Mildly Alkaline

Artichokes
 Asparagus
 Brussels Sprouts
 Cauliflower
 Carrot
 Courgette/Zucchini
 Leeks
 New Baby Potatoes
 Peas
 Pumpkin
 Swede
 Squash (Butternut,
 Summer etc)
 Watercress
 Grapefruit
 Coconut
 Pomegranate
 Rhubarb
 Buckwheat
 Lentils
 Tofu
 Goat & Almond Milk
 Herbs & Spices (Thyme,
 Mint, Ginger, Cumin etc.)
 Avocado Oil
 Olive Oil
 Coconut Oil
 Flax Oil/ Udo's Oil

Neutral/ Mildly Acidic

Black Beans
 Chickpeas/Garbanzos
 Kidney Beans & Other
 Beans
 Seitan
 Cantaloupe
 Fresh Dates
 Nectarine
 Plum
 Sweet Cherry
 Watermelon
 Millet
 Oats/Oatmeal
 Spelt
 Soybeans
 Buckwheat Pasta
 Cous Cous
 Brown Rice
 Rice/Soy/Hemp Protein
 Freshwater Wild Fish
 Rice & Soy Milk
 Brazil Nuts
 Pecan Nuts
 Hazel Nuts
 Sunflower Oil
 Grapeseed Oil

Moderately Acidic

Fresh, Natural Juice
 Ketchup
 Mayonnaise
 Butter
 Apple
 Apricot
 Banana
 Blackberry
 Blueberry
 Cranberry
 Grapes
 Guava
 Mango
 Mangosteen
 Orange
 Peach
 Papaya
 Pineapple
 Strawberry
 Goat's Cheese
 Vegan Cheese
 Rye Bread
 Wheat
 Wholemeal Bread
 Wild Rice
 Wholemeal Pasta
 Ocean Fish

Highly Acidic

Alcohol
 Coffee & Black Tea
 Fruit Juice (Sweetened)
 Cocoa
 Honey
 Jam
 Jelly
 Mustard
 Miso
 Rice Syrup
 Soy Sauce
 Vinegar
 Yeast
 Dried Fruit
 Beef
 Chicken
 Eggs
 Farmed Fish
 Pork
 Shellfish
 Cheese
 Dairy
 Artificial Sweeteners
 Syrup
 Mushroom

The Detailed List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

Vegetables!

Asparagus	Coriander
Broccoli	Basil
Chilli	Brussels Sprouts
Capsicum/Pepper	Cauliflower
Courgette/Zucchini	Carrot
Dandelion	Beetroot
Snowpeas	Eggplant/Aubergine
Green Beans	Garlic
String Beans	Onion
Runner Beans	Parsley
Spinach	Celery
Kale	Cucumber
Wakame	Watercress
Kelp	Lettuce
Collards	Peas
Chives	Broad Beans
Endive	New Potato
Chard	Pumpkin
Cabbage	Radish
Sweet Potato	Squashes (Summer, Butternut etc)
Mint	Pumpkin
Ginger	

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut
Pomegranate

Nuts & Seeds!

Almonds
Coconut
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Grains & Beans!

Amaranth	Lima Beans
Buckwheat	Mung Beans
Chia/Salba	Pinto Beans
Kamut	Red Beans
Millet	Soy Beans
Quinoa	White Beans
Lentils	(note: beans are 'neutral but can be included)

Grasses!

Wheatgrass
Barley Grass
Kamut Grass
Dog Grass
Shave Grass
Oat Grass

Other!

Alkaline Water
Tofu
Goat & Almond Milk
Herbal Tea
Buckwheat Pasta

Oils!

Avocado Oil
Coconut Oil
Flax Oil
Udo's Oil
Olive Oil

Sprouts!

Soy Sprouts	Kamut Sprouts
Alfalfa Sprouts	Mung Bean Sprouts
Amaranth Sprouts	Quinoa Sprouts
Broccoli Sprouts	Radish Sprouts
Fenugreek Sprouts	Spelt Sprouts

Breads!

Sprouted Bread
Sprouted Wraps
Gluten/Yeast
Free Breads & Wraps



The Detailed List of Acid Foods

Try to avoid these foods and drinks, and try to keep to a maximum of 20% of your diet



Meat!

Bacon	Oyster
Beef	Pork
Clams	Rabbit
Corned Beef	Sausage
Eggs	Scallops
Lamb	Shellfish
Lobster	Shrimp
Mussels	Tuna
Organ Meats	Turkey
Venison	Veal
Fish	

Fruit!

Apple
Apricot
Currants
Dates
Grapes
Mango
Peach
Pear
Prunes
Raisins
Raspberries
Strawberries
Tropical Fruits
Cantaloupe
Cranberries
Currants
Honeydew Melon
Orange
Pineapple
Plum

Drinks!

Alcohol
Black Tea
Coffee
Carbonated Water
Pasteurized Juice
Cocoa
Energy Drinks
Sports Drinks
Colas
Tap Water
Milk
Green Tea
Decaffeinated Drinks
Flavoured Water

Nuts & Seeds!

Cashews
Peanuts
Pecans
Pistachios
Walnuts
Brazil Nuts
Chestnuts
Hazelnuts
Macadamia Nuts

Dairy & Eggs!

Butter	Cottage Cheese
Cheese	Ice Cream
Milk	Sour Cream
Whey	Soy Cheese
Yogurt	Eggs

Sweeteners!

Artificial Sweeteners	Saccharine
Carob	Sucrose
Corn Syrup	Sucralose
Fructose	Honey
Processed Sugar	Maple Syrup

Oils!

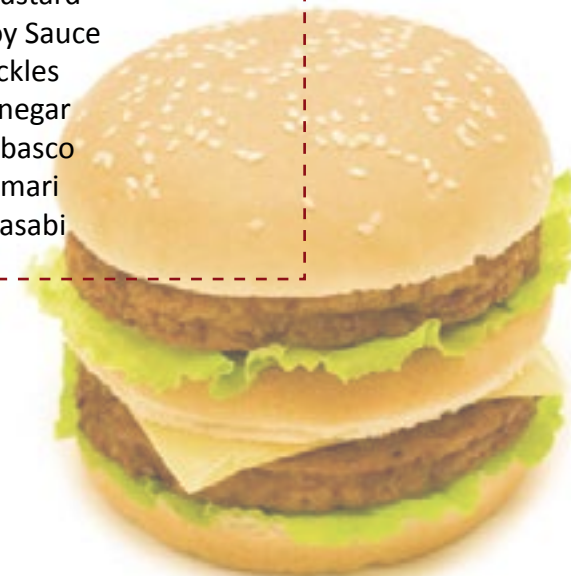
Cooked Oil
Solid Oil (Margarine)
Oil Exposed to Heat,
Light or Air

Other!

Mushrooms
Miso
White Breads, Pastas,
Rice & Noodles
Chocolate
Chips
Pizza
Biscuits
Cigarettes
Drugs
Candy!

Sauces!

Mayonnaise
Ketchup
Mustard
Soy Sauce
Pickles
Vinegar
Tabasco
Tamari
Wasabi



The Best of the Rest!

These are the foods you guys have emailed me asking for classification!

Other Alkaline Foods

Freshly made tahini
Fresh corn on the cob
Pomegranate
Figs
Almond butter (fresh)
Kohlrabi
Yam
Radish
Turnip
Sesame seeds
Artichoke
Rhubarb
Cayenne pepper
Sorrel
Red cabbage
Coconut Milk
Coconut Cream
Coconut Water
Coconut Flesh

Other Acidic Foods

Apple cider vinegar
Canned corn
Dark chocolate
Rye bread (but MUCH better than white)
Buttermilk
Paneer
Acai
Stored potatoes (any other than new)
Cottage cheese
Cottonseed oil
Rice bran oil
All vinegars
All mushrooms
All fruit juices
All meats
Kombucha
Miso
Kimchee
All other fermented foods



Lookouts & Top Tips

Tip #1 - Fruits

It might come as a surprise that fruits are considered to be acid-forming. This is purely because of their high sugar content, and so I strongly advise that you keep fruit to a minimum. However, you don't have to avoid it completely and a piece per day as part of a balanced diet is fine.

Tip #2 - I Thought It Was Acid?!

There are a few exceptions where intuition goes out of the window and the most obvious of these is lemons and limes being considered as alkaline. This is because they have a high alkaline mineral content and almost no sugar - so they have an alkaline effect on the body *after* they are consumed. The same goes for tomatoes.

Tip #3 - Soy & Soy Sauce

Soy sauce, miso, tamari and all other fermented foods are acid-forming. This does not apply to the unfermented versions however, and soy sauce & tofu as OK to consume as part of your 20% mildly acid foods.

Tip #4 - Tea & Coffee

Tea & coffee are, of course, acid-forming - so if you need to cut them from your diet look for substitutes. All herbal teas are alkaline (except for the very fruity ones and green tea, which contains nearly as much caffeine as coffee). Rooibos (Redbush) tea is a fantastic, anti-oxidant rich alternative to coffee and tea.

Tip #5 - Bread

Bread is a tough one for many people, who rely upon it as a quick, filling part of lunch and breakfast. Try sprouted breads, which are mildly alkaline. If these are hard to find go for wraps instead of sandwiches and look for yeast free/gluten free varieties.

Tip #6 - Hydration

Staying properly hydrated is probably the most important element of the alkaline diet. Not just any water will do! Tap water is actually mildly acidic in most areas with a low pH and traces of pesticides, heavy metals, fluoride and other nasties. Research the alkaline water options at energiseforlife.com - and take the time to look at the ionizers - nothing beats ionized, alkaline water.



Top Seven Alkaline Snacks

Warning: this list will probably make you laugh out loud if you are new to alkalising, but I swear on erm...Tottenham's chances of qualifying for the Champion's League (it is a big deal) – that the longer you alkalise the more these foods WILL feel like a treat to you.

It is a well known phenomenon that as you start alkalising your body, your tastes adjust. Personally, I literally cannot stand the thought of drinking a can of Coke now – so sugary sweet! On the flip-side of this, you begin to get more of a sweet sensation from subtle flavours such as peppers and carrots, which can only be a good thing.

So – here are my top 7 alkalising snacks:

1 - Jason Vale's Veggie Juice in a Bar: AT LAST! A tasty, healthy, alkaline snack bar! We've been waiting YEARS for something like this to come along and at last our prayers have been answered. Jason's Veggie Juice in a Bar is a 100% raw, 100% organic snack that contains no artificial stuff or sugars.

They taste absolutely fantastic – they are a legitimate, tasty, healthy snack!

No more wondering what to snack on or going hungry when you're on the go! THANK YOU JASON!

2 - Dr Martin's Coco Juice: This drink is like a snack in a pouch! Made only from organic, young green coconut water, Dr Martin's Coco Juice is a nutritional powerhouse that replenishes, alkalises and keeps you going. It can be used either as a natural isotonic energy drink, perfect as a sports energy drink or general everyday booster or as a wonderfully alkaline base to smoothies, juices and more!

Rich in bioavailable vitamins, minerals, amino acids and living enzymes, Dr Martins Organic Young Green Coconut Water is naturally low in calories, virtually fat free and cholesterol free. And it tastes awesome. And it reminds me of happy days.

3 - Almonds: packed full of protein, fibre, calcium, magnesium, potassium (yes, 3 of the 4 most alkaline minerals) vitamin E and other antioxidants and phytochemicals – and unsaturated fat. If possible, remember to soak your almonds overnight in order to increase the potential for the body to digest the nutrients and goodness.

4 - Sprouts: these are one of the most alkalising, nutritious and easily accessible foods known to man. Being rich in vitamins, minerals, proteins and enzymes, they can be grown easily in four to six days and require no effort and very little cost. Crunchy, raw and delicious!

5 - Raw Carrots: shredded, sticks, chunks or just peeled – carrot offers a sweet, water-rich, nutrient dense snack that is packed full of vitamin A, C, K and B1, B3 and B6, fibre, magnesium, potassium and folate. Bonza

6 - Seed Mix: get a mixture of pumpkin, sesame, sunflower and flax. This will give you a filling snack, plus a range of minerals, proteins and essential fatty acids. What more could you ask for?

7 - Raw Soups: make yourself a giant batch and then eat/drink as much as you like, whenever you are hungry, tired or bored! The raw alkalising soups will give your body a HUGE boost of nutrients in a form that the body can easily assimilate, meaning that it will require absolutely no energy to digest. This is a real body booster.



Top Alkaline Lunchbox Ideas

Your Lunch Box Is: 2x Alkaline Wraps, 2 handfuls of nuts and seeds, a piece of fruit, 1/2 a stuffed avocado and 300ml of alkaline smoothie. Sounds great!

Tip #1 - Wraps Are SO Easy

When people first start alkalising they realise breads are pretty much out...and then opt for salads. This is a great move, BUT it can get boring and you can find yourself giving up because you crave breads and sometimes salad alone just doesn't do it. The solution? WRAPS. Sprouted wraps are best, but if you can't get them then gluten-free wraps are fine (and usually easy to find). Simply fill the wrap with salad and hummous or tahini and enjoy. Feel free to make them MASSIVE as it's all alkaline goodness inside.

Extra Tip: spread the hummous onto the wrap and then sprinkle seeds onto this - that way the seeds stick and don't fall out everywhere when you eat it!

Tip #2 - Nuts & Seeds ARE Filling

When people think of snacking on nuts and seeds they don't really see it as a legitimate snack, or something that can actually fill you up. This just isn't true. Eat more, eat a variety! I like a mix of almonds, sunflower seeds, flax seeds, pumpkin seeds and sesame seeds with a few naughty nuts thrown in like macademias and walnuts. A few decent handfuls of this definitely wipes out any hunger between meals and gives you an awesome dose of omegas.

Tip #3 - A 'little' Fruit Is OK

You can eat a little fruit - one portion a day is absolutely fine and won't have your pH nose-diving any time soon. My top picks to AVOID are still banana and pineapple as these are basically pure sugar, and in the case of banana - devoid of water.

Go for berries, watermelon, grapefruit and at a push mangoes and plums. These are 'lower' in sugar and higher in water content.

Tip #4 - Avo Goes a LONG Way

Half an avocado can be a lunchbox treat and savior. So easy to prepare, all I do is scoop out half an avo, mix with a few chopped cherry tomatoes, sprinkle in some sesame seeds and squeeze a little fresh lemon in and then pack back into the avo shell and wrap it up and put it in my lunchbox. Filling & tasty!

Tip #6 - Pack a Smoothie

So few people think of this but it's great - when you make your morning smoothie (or juice) just make extra and take some with you!



Alkalising Chilli Spring Greens

This is a fabulous and highly alkalising recipe



Serves:

2 as a main dish

4 as a side dish

Preparation Time: 30 Minutes

Ingredients:

500g Spring greens leaves, finely chopped

2 tbs grapeseed or rapeseed oil

6 tbs water or yeast-free vegetable stock

1-2 garlic cloves, finely chopped

1 large or 2 medium onions, thinly sliced

1 fresh red chilli, seeded and finely sliced

Juice of 1 fresh lemon

Himalayan Crystal Salt or celtic sea salt

Freshly ground black pepper

Optional: Brown basmati rice, cooked as per instructions

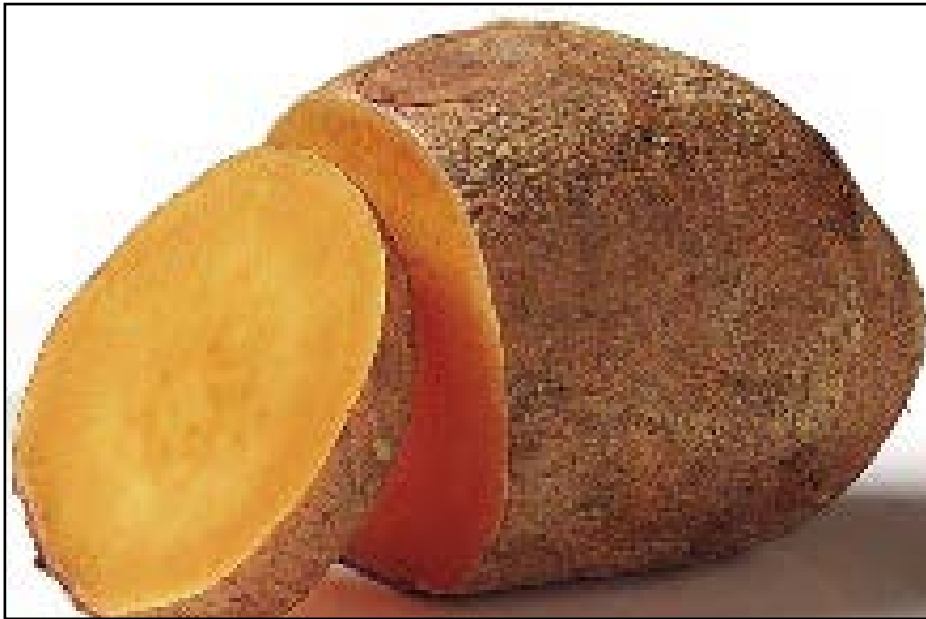
Instructions:

- 1** Cook the spring greens in the stock or water in a large frying pan over medium heat, covered, for about 5 minutes.
- 2** In another frying pan, heat the oil over a medium heat and gently fry the onion, garlic and chilli for about 3-4 minutes.
- 3** Add these to the spring greens, then cover and steam for about 10 minutes. Season to taste with salt and pepper, add the lemon juice and serve.



Coconut Quinoa and Sweet Potato Curry

This one is a WINNER!



Serves: 4-5

Preparation Time: 30 Minutes

Ingredients:

1 can chickpeas drained
1/2 cup dry quinoa
1 medium-large sweet potato, peeled and cubed
1/2 medium onion, chopped
2 to 3 cloves garlic, minced
2 to 3 tablespoons coconut oil
1 teaspoon coriander, cumin and tumeric
3/4 teaspoon garlic powder
1/2 teaspoon cayenne
1/8 teaspoon cardamon
1/8 teaspoon ginger
salt, to taste
pepper to taste
1 can coconut milk

Instructions:

- 1** Prepare quinoa, chickpeas, and sweet potatoes. In a saucepan, add chickpeas, quinoa and 300ml of water. Heat over medium-high heat to bring chickpea liquid to a boil. Cover with a tight-fitting lid and reduce heat; simmer for 15 minutes, or until quinoa and chickpeas have softened. Now steam the sweet potato until it is tender (about 15 mins).
- 2** In a skillet/pan, heat coconut oil over medium heat. Add onion and garlic and saute until the onion is translucent. Add all of the spices (coriander, cumin, turmeric, garlic powder, cayenne pepper, cardamon, ginger, salt, and pepper).
- 3** Add the chickpea-quinoa-sweet potato mixture to the skillet. Add coconut milk and mix well and allow to boil over high heat. Reduce to low heat, cover, and simmer for 10 to 15 minutes, stirring every few minutes, until the milk has condensed into a nice curry.



'Creamy' Brussels Sprouts

This 'creamy' recipe is alkaline, energising and deeeee-licious.



Serves: 1

Preparation Time: 30 Minutes

Ingredients:

5-10 Brussels sprouts, halved

1 tablespoon coconut oil

1-2 tablespoons tahini

1-2 teaspoons Bragg (or tamari)

1-2 tablespoons toasted sesame seeds

Instructions:

- 1** Steam the Brussels for about 8-10 minutes until they're just softening, but not going mushy or losing their colour.
- 2** Drain water off, add oil and place into a pan and saute until golden brown. Meanwhile, in a bowl, mix tahini and Bragg (or tamari). If mixture gets really thick, add a little water.
- 3** Once sprouts are done sauteing, pull off heat and add the tahini/tamari mixture and mix until all sprouts are coated. This should not be anything near 'soupy'. If it's a bit watery, get it back on the heat until it reduces and thickens up.
- 4** Once all sprouts are coated, pour onto plate/bowl and generously sprinkle with the sesame seeds.



Alkaline Sushi Recipe

Here are my Alkaline Sushi rolls! With just a few tweaks sushi gets the alkaline makeover



Serves: 4

Preparation Time: 30 Minutes

Ingredients:

215g (1 cup) brown rice

4 nori sheets

1 ripe avocado, peeled, mashed

1/2 cucumber, cut into thin strips

1/2 red capsicum, deseeded, cut into thin strips

1/3 cup coarsely grated carrot

Bragg Liquid Aminos

Optional: fresh red chilli or dried chilli flakes

Optional: firm tofu

Instructions:

- 1** Cook the brown rice according to the packet instructions and then place in a large bowl. Using a fork, mash in 1/4 of an avocado with the rice to give it that traditional 'sticky' feel of Japanese sushi rice. This way is much more alkaline!
- 2** Slice all of the vegetables, and if you're using tofu too, quickly fry this in coconut oil and a little Bragg Liquid Aminos (soy sauce replacement)
- 3** Place a nori sheet, shiny-side down, on a clean surface. Use wet hands to spread one-quarter of the rice mixture over half the nori sheet, leaving a 2cm-wide border along the edge closest to you. Spread about a quarter of the remaining avocado across the centre of the rice. Arrange one-quarter of the capsicum and cucumber across the avocado and top with one-quarter of the grated carrot. If you're using the tofu, place this in here now too.
- 4** Roll up firmly to enclose filling. Brush edge of nori with warm water to seal. Repeat with remaining nori, rice, avocado, capsicum, cucumber and carrot. Set rolls aside, seam-side down, for 5 minutes to rest. Cut each roll into 6 pieces. Serve with Bragg and optional chilli!



Soba Pasta Pesto Pine Extravaganza!

Combined with fresh, raw pesto, uncooked oil and pine nuts, this meal is a great transition recipe.



Serves: 2

Preparation Time: 30 Minutes

Ingredients:

1 pack of soba noodles (make the noodles just 20% of your plate)

250g pine nuts (pref organic)

1 cup of cold-pressed olive oil, flax oil or Udo's Choice

1 bunch of basil, plus parsley and coriander to taste

Himalayan Crystal Salt

Freshly ground pepper

Optional: extra veggies, steamed such as zucchini, broccoli, tomato (raw), rocket, peas etc...or serve with a big side salad of rocket.

Instructions:

- 1** Cook the soba noodles as per instructions on the packet. Remember to keep the noodles to 20% of the plate.
- 2** Give the herbs a good wash (basil, coriander and parsley) and blend these up with the pine nuts and a tiny amount of oil to get it going. Once these are blended, toss in the rest of the ingredients and blend until you get a creamy sauce.
- 3** At this stage if you're going to have with other veggies or a salad, prepare this now.
- 4** Once the veggies are ready and the noodles are cooked, I like to toss together with the pesto in a saucepan to warm gently. Season with salt and pepper and you're ready to go!

