

# 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  
Beet Greens  
Watercress  
Cucumber  
Kale  
Kelp  
Spinach  
Parsley  
Broccoli  
Sprouts  
(soy, alfalfa etc)  
Sea Vegetables  
(Kelp, Seaweed)  
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  
Endive  
Chicory  
Snowpeas  
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  
Fennel  
Grapefruit  
Coconut (fresh, milk, water, cream, yoghurt)  
Pomegranate  
Rhubarb  
Buckwheat  
Lentils  
Tofu  
Goat & Almond Milk  
Herbs & Spices (Thyme, Mint, etc.)  
Avocado Oil  
Olive Oil  
Coconut Oil  
Flax Oil/ Udo's Oil

## Neutral/ Mildly Acidic

Black Beans  
Chickpeas/Garbanzos  
Kidney Beans & Other Beans  
Seitan  
Potatoes  
Cantaloupe  
Nectarine  
Plum  
Sweet Cherry  
Watermelon  
Oats/Oatmeal  
Soybeans  
Buckwheat Pasta  
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  
Apple  
Apricot  
Banana  
Blackberry  
Blueberry  
Cranberry  
Grapes  
Guava  
Mango  
Mangosteen  
Peach  
Papaya  
Strawberry  
Goat's Cheese  
Vegan Cheese  
Grains inc: (use very sparingly) --  
Rye Bread  
Millet  
Wheat  
Wholemeal Bread  
Wholemeal Pasta  
Ocean Fish

## Highly Acidic

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