The Definitive
Acid & Alkaline Food Chart
energiseforlife.com

Definitive listing of acid & alkaline foods in an easy to read, easy to print chart
The Energise Acid/Alkaline Food List

Your 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 alkalising 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.
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 it’s 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

<table>
<thead>
<tr>
<th>Highly Alkaline</th>
<th>Moderately Alkaline</th>
<th>Mildly Alkaline</th>
<th>Neutral/Mildly Acidic</th>
<th>Moderately Acidic</th>
<th>Highly Acidic</th>
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</thead>
<tbody>
<tr>
<td>pH 9.5 alkaline water</td>
<td>Avocado</td>
<td>Artichokes</td>
<td>Black Beans</td>
<td>Fresh, Natural Juice</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Himalayan salt</td>
<td>Beetroot</td>
<td>Asparagus</td>
<td>Chickpeas/Garbanzos</td>
<td>Ketchup</td>
<td>Coffee</td>
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<tr>
<td>Grasses</td>
<td>Capsicum/Pepper</td>
<td>Brussel Sprouts</td>
<td>Kidney Beans</td>
<td>Mayonnaise</td>
<td>Fruit Juice (Sweetened)</td>
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<tr>
<td>Cucumber</td>
<td>Cabbage</td>
<td>Cauliflower</td>
<td>Seitan</td>
<td>Butter</td>
<td>Black Tea</td>
</tr>
<tr>
<td>Kale</td>
<td>Celery</td>
<td>Carrot</td>
<td>Cantaloupe</td>
<td>Apple</td>
<td>Cocoa</td>
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<tr>
<td>Spinach</td>
<td>Collard/Spring Greens</td>
<td>Chives</td>
<td>Currants</td>
<td>Apricot</td>
<td>Honey</td>
</tr>
<tr>
<td>Parsley</td>
<td>Endive</td>
<td>Courgette/Zucchini</td>
<td>Fresh Dates</td>
<td>Banana</td>
<td>Jam</td>
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<tr>
<td>Broccoli</td>
<td>Garlic</td>
<td>Leeks</td>
<td>Nectarine</td>
<td>Blueberry</td>
<td>Jelly</td>
</tr>
<tr>
<td>Sprouts (soy, alfalfa etc)</td>
<td>Green Beans</td>
<td>New Baby Potatoes</td>
<td>Peas</td>
<td>Cranberry</td>
<td>Mustard</td>
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<tr>
<td>Sea Vegetables (Kelp)</td>
<td>Lettuce</td>
<td>Rhubarb</td>
<td>Rhubarb</td>
<td>Grapes</td>
<td>Rice</td>
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<tr>
<td>Green drinks</td>
<td>Mustard Greens</td>
<td>Swede</td>
<td>Watercress</td>
<td>Mango</td>
<td>Syrup</td>
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<tr>
<td></td>
<td>Okra</td>
<td>Grapefruit</td>
<td>Grapefruit</td>
<td>Orange</td>
<td>Dried Fruit</td>
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<tr>
<td></td>
<td>Onion</td>
<td>Coconut</td>
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<td>Peach</td>
<td>Beef</td>
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<tr>
<td></td>
<td>Radish</td>
<td>Buckwheat</td>
<td>Buckwheat</td>
<td>Strawberry</td>
<td>Chicken</td>
</tr>
<tr>
<td></td>
<td>Red Onion</td>
<td>Quinoa</td>
<td>Quinoa</td>
<td>Brown Rice</td>
<td>Eggs</td>
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<tr>
<td></td>
<td>Rocket/Arugula</td>
<td>Spelt</td>
<td>Spelt</td>
<td>oats</td>
<td>Farmed Fish</td>
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<tr>
<td></td>
<td>Tomato</td>
<td>Lentils</td>
<td>Lentils</td>
<td>Rye Bread</td>
<td>Pork</td>
</tr>
<tr>
<td></td>
<td>Lemon</td>
<td>Tofu</td>
<td>Tofu</td>
<td>Wheat</td>
<td>Shellfish</td>
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<tr>
<td></td>
<td>Lime</td>
<td>Goat Milk</td>
<td>Goat Milk</td>
<td>Wholemeal Bread</td>
<td>Cheese</td>
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<tr>
<td></td>
<td></td>
<td>Most Herbs &amp; Spices</td>
<td>Most Herbs &amp; Spices</td>
<td>Wild Rice</td>
<td>Dairy</td>
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<tr>
<td></td>
<td></td>
<td>Avocado Oil</td>
<td>Avocado Oil</td>
<td>Wholemeal Pasta</td>
<td>Artificial Sweeteners</td>
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<td>Coconut Oil</td>
<td>Coconut Oil</td>
<td>Ocean Fish</td>
<td>Syrup</td>
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<tr>
<td></td>
<td></td>
<td>Flax Oil</td>
<td>Flax Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Udo’s Oil</td>
<td>Udo’s Oil</td>
<td></td>
<td></td>
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</tbody>
</table>
# 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
- Broccoli
- Chilli
- Capsicum/Pepper
- Courgette/Zucchini
- Dandelion
- Snowpeas
- Green Beans
- String Beans
- Runner Beans
- Spinach
- Kale
- Wakame
- Kelp
- Collards
- Chives
- Endive
- Chard
- Cabbage
- Sweet Potato
- Coriander
- Basil
- Brussells Sprouts
- Cauliflower
- Carrot
- Beetroot
- Eggplant/Aubergine
- Garlic
- Onion
- Parsley
- Celery
- Cucumber
- Watercress
- Lettuce
- Peas
- Broad Beans
- New Potato
- Pumpkin
- Radish

## Fruit!
- Avocado
- Tomato
- Lemon
- Life
- Grapefruit
- Fresh Coconut

## Grains & Beans!
- Amaranth
- Buckwheat
- Brown Rice
- Kamut
- Millet
- Quinoa
- Spelt
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Soy Beans
- White Beans

## Grasesses!
- Wheatgrass
- Barley Grass
- Kamut Grass
- Dog Grass
- Shave Grass
- Oat Grass

## Nuts & Seeds!
- Almonds
- Coconut
- Flax Seeds
- Hazelnuts
- Macadamia Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunower Seeds

## Oils!
- Avocado Oil
- Coconut Oil
- Flax Oil
- Udo’s Oil
- Olive Oil

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

## Breads!
- Sprouted Bread
- Sprouted Wraps
- Gluten/Yeast Free Breads & Wraps

## Other!
- Alkaline Water
- Tofu
- Goat Milk
- Herbal Tea
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
- Beef
- Clams
- Corned Beef
- Eggs
- Lamb
- Lobster
- Mussels
- Organ Meats
- Venison
- Fish
- Oyster
- Pork
- Rabbit
- Sausage
- Scallops
- Shellfish
- Shrimp
- Tuna
- Turkey
- Veal

**Fruit!**
- Apple
- Apricot
- Currants
- Dates
- Grapes
- Mango
- Peach
- Pear
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tropical Fruits
- Berries
- 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
- Cheese
- Ice Cream
- Milk
- Sour Cream
- Whey
- Soy Cheese
- Yogurt
- Eggs
- Cottage Cheese

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

**Oils!**
- Cooked Oil
- Solid Oil (Margarine)
- Oil Exposed to Heat, Light or Air

**Sauces!**
- Mayonnaise
- Ketchup
- Mustard
- Soy Sauce
- Pickles
- Vinegar
- Tabasco
- Tamari
- Wasabi

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

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.
MEGA GREENS
Our best selling product, this unique and unbeatable “green drink” is a highly potent blend of 34 highly alkaline superfoods PLUS 17 amino acids, alkaline minerals, omega 3 fatty acids, MSM and more. Mega Greens gives instant and sustained energy and a fantastic source of chlorophyll for blood cleansing, weight management & muscle growth.

Highlights: Mega Greens not only delivers a real hit of nutrients and potent alkalinity, but genuinely gives immediate and sustained energy boost.

ENERGISE pH STRIPS
Each packet contains 80 highly accurate pH testing strips perfect for consumers to measure their progress on the alkaline diet. The super-sensitive, wide-range pH strips measure saliva and urine pH from pH 4 - 9.5.

Highlights: the only dual pad, double accuracy pH strips on the market.

PH BOOSTER
Everyone knows that getting enough hydration each day is essential to our health and vitality but quality is just as important as quantity. A 2-step formulation, the product both alkalises the water to pH of approximately 9 and ionises the water with 72 ionic minerals.

Highlights: the only alkaline water supplement to alkalise AND ionise your water

UDO’S CHOICE ULTIMATE OIL BLEND
Developed by the world’s leading fats and oils expert, Udo Erasmus, Udo’s Choice is a 100% vegetarian source of essential omega 3, 6 & 9 in the ratio and format that is ideal for human health. Winner of Men’s Health’s ‘Best For Losing Weight’ supplement in 2009, Udo’s Choice is regarded as a truly essential supplement.

Highlights: Developed by the world’s leading healthy oils expert and recommended by bodybuilders, fitness experts and Olympians.

ALKALINE DIET RECIPE BOOK
Over 100 delicious, fully alkaline meals that makes the alkaline diet EASY and effortless. Includes a full range of breakfasts, lunches, dinners and snacks.

Highlights: makes the alkaline diet easy - turning your favourite foods into fully alkaline meals

www.energiseforlife.com