### High Alkaline
- baking soda
- chlorella
- dulse
- lemons
- lentils
- limes
- lotus root
- mineral water
- nectarine
- onion
- persimmon
- pineapple
- pumpkin seed
- raspberry
- sea salt
- sea vegetables
- seaweed
- spirulina
- sweet potato
- tangerine
- taro root
- umeboshi plums
- vegetable juices
- watermelon

### Moderately Alkaline
- apples
- apricots
- arugula
- asparagus
- banchi tea
- beans (fresh green)
- broccoli
- canthaloupe
- carob
- carrots
- cashews
- cayenne
- chestnuts
- citrus
- dandelion
- dandelion tea
- dewberry
- edible flowers
- endive
- garlic
- ginger (fresh)
- ginseng tea
- grapefruit
- herbal tea
- herbs (leafy green)
- honeydew
- kale
- kambucha
- kelp
- kiwifruit
- kohlrabi
- loganberry
- mango
- molasses
- mustard green
- olive
- parsley
- parsnip
- passion fruit
- peas
- pepper
- raspberries
- soy sauce
- spices
- sweet corn (fresh)
- turnip

### Low Alkaline
- almonds
- apple cider vinegar
- apples (sour)
- artichokes (jerusalem)
- avocado
- bell pepper
- blackberry
- brown rice vinegar
- cabbage
- cauliflower
- cherry
- cod liver oil
- collard green
- egg yolks
- eggplant
- ginseng
- green tea
- herbs
- honey (raw)
- leeks
- mushrooms
- nutritional yeast
- papaya
- peach
- pear
- pickles (homemade)
- potato
- primrose oil
- pumpkin
- quail eggs
- radishes
- rice syrup
- rutabaga
- sake
- sesame seed
- sprouts
- watercress

### Very Low Alkaline
- alfalfa sprouts
- avocado oil
- banana
- beet
- blueberry
- brussel sprouts
- celery
- chive
- cilantro
- coconut oil
- cucumber
- currant
- duck eggs
- fermented veggies
- flax oil
- ghee
- ginger tea
- grain coffee
- grapes
- hemp seed oil
- japonica rice
- lettuces
- oats
- okra
- olive oil
- orange
- quinoa
- raisin
- sprouted seeds
- squashes
- strawberry
- sunflower seeds
- tahini
- tempeh
- turnip greens
- umeboshi vinegar
- wild rice

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**Ideally 60 - 80% of your diet would come from ALKALINE-forming foods and 20-40% from ACID-forming foods.**

**For the acid-forming, skip the fast-food burgers and processed goods whenever possible. Instead choose healthier options like beans, grains and other freshly made foods.**

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### Acidic Food Chart

**Very Low Acidic**
- amaranth
- black-eyed peas
- brown rice
- butter
- canola oil
- chutney
- coconut
- cream
- curry
- dates
- dry fruit
- fava beans
- figs
- fish
- gelatin
- goat cheese
- grape seed oil
- guava
- honey
- kasha
- koma coffee
- maple syrup
- millet
- organs
- pine nuts
- pumpkin seed oil
- rhubarb
- sheep cheese
- spinach
- string beans
- sunflower oil
- triticale
- venison (deer)
- vinegar
- wax beans
- wild duck
- zucchini

**Low Acidic**
- adzuki beans
- aged cheese
- alcohol
- almond oil
- balsamic vinegar
- black tea
- boar
- buckwheat
- chard
- cow milk
- elk
- farina
- game meat
- goat milk
- goose
- kamut
- kidney beans
- lamb
- lima beans
- milk
- moolusks
- mutton
- navy beans
- pinto beans
- plum
- red beans
- safflower oil
- seitan
- semolina
- sesame oil
- shell fish
- soy cheese
- spelt
- tapioca
- teff
- tofu
- tomatoes
- turkey
- vanilla
- wheat
- white beans
- white rice

**Moderately Acidic**
- barley groats
- basmati rice
- bear
- casein
- chestnut oil
- chicken
- coffee
- corn
- cottage cheese
- cranberry
- egg whites
- fructose
- garbanzo beans
- green peas
- honey (pasteurized)
- ketchup
- lard
- maize
- mussels
- mustard
- nutmeg
- oat bran
- olives (pickled)
- other legumes
- palm kernel oil
- pasta (whole grain)
- pastry
- peanuts
- pecans
- pistachio seeds
- pomegranate
- popcorn
- pork
- prunes
- rye
- snow peas
- soy milk
- squid
- veal

**Highly Acidic**
- artificial sweeteners
- barley
- beef
- beer
- brazil nuts
- breads
- brown sugar
- cocoa
- cottonseed oil
- flour (white)
- fried foods
- fruit juices with sugar
- hazelnuts
- hops
- ice cream
- jam / jelly
- liquor
- lobster
- malt
- pasta (white)
- pheasant
- pickles (commercial)
- processed cheese
- seafood
- soft drinks
- soybean
- sugar
- table salt
- walnuts
- white bread
- white vinegar
- whole wheat foods
- wine
- yeast
- yogurt (sweetened)

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