

ACID/ALKALINE FOOD CHART TO BALANCE pH

ALKALINE FORMING FOODS

Eat 75- 80% Daily

ACID FORMING FOODS

Eat 20% - 25% Daily

VEGETABLES	SALAD	FRUIT	PROTEINS	ANIMAL PROTEIN	FATS & OILS	NUTS/NUT BUTTERS/MILKS	DRUGS & CHEMICALS
Asparagus	Alfalfa	All Berries	Almonds	Beef	Avocado oil	Brazil nuts	Chemical drugs
Broccoli	Avocado	Apples	Chestnuts	Chicken	Canola oil	Cashews	Herbicides
Cabbage	Beetroot	Apricots	Flax/ Hempseeds	Eggs	Corn oil	Peanut butter	Pesticides
Carrots	Cucumbers	Bananas	Millett	Fish		Peanuts	
Cauliflower	Lettuce – all	Cherries	Pumpkin seeds	Lamb	Margarine	Pecans	MISC. FOODS
Chard	Mustard greens	Dates/Figs	S/flower seeds	Pork/Bacon	Olive oil	Rice milk	Barley
Collard greens	Peppers	Dried fruits	Sprouted Seeds	Rabbit	Peanut oil	Soya milk	Bread
Eggplant	Tomatoes	Grapefruit	Yogurt	Sausages	Safflower oil	Tahini paste	Buckwheat
Garlic	Watercress	Grapes		Shellfish - All	Sunflower oil	Walnuts	Coffee
Kale	Wheat grass	Kiwi		Turkey			Condiments
Kohlrabi		Lemons/Limes	SWEETENER	Veal	GRAINS/FLOURS	BEANS/LEGUMES	Crackers
Onions	MISC. FOODS	Mango	Stevia	Venison	Barley	Black beans	Coconut -dry
Parsnips	Barley grass	Melons – all			Bran	Chick peas	Fizzy drinks
Runner beans	Bee pollen	Nectarines/ Peaches		DAIRY	Buckwheat	Green peas	Honey
Seaweed laver-bread	Coconut oil	Oranges/ Tangerines	DRINKS	Butter	Oats - All	Kidney beans	Potatoes
Snap peas	Chlorella/ Spirulina	Papaya	Alkaline Water Banchi Tea	Cheese – All	Quinoa	Lentils – All	Sugar - All
Spinach	Kombucha	Pears	Dandelion leaf	Cows / Goats	Rice - All	Lima beans	Tobacco
Sprouts	Lecithin	Pineapple	Dandelion Root	Ice Cream	Rice cakes	Pinto beans	Walnuts
Squashes	Probiotics	Watermelon	Fresh Fruit juices	Milk	White flour	Red beans	Wheat germ
Swede	Wheat-grass				Whole-wheat flour	Soy beans	
Sweet potatoes		ORIENTAL VEG	Green juices	PASTA - ALL		White beans	
		Daikon	Green tea	Corn Pasta	FRUITS		ALCOHOL
HERBS	SPICES	Dulse	Herbal teas	Egg Noodles	Cranberries		Beer
All Herbs	Chilli peppers	Kombu	Mineral water	Rice Pasta	Plums		Liquor
Dulse/Kelp	Cinnamon	Maitake/Nori	Vegetable juices	White pasta	Prunes		Spirits
	Ginger	Reishi/Maitake	Organic milk-unpasteurised	Whole Wheat			White wine (Red wine to a lesser extent)
		Umeboshi					
		Wakame					