

ACID/ ALKALINE FOOD CHART



Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Mildly Acidic	Moderately Acidic	Highly Acidic
Soy Nuts	Butter Beans	Lentils	Black Beans	Fruit juice, natural fresh	Beer
Alkaline Water	Granulated Soy	Soy Flour	Chickpeas	Ketchup	Coffee
	Soy Beans	Tofu	Kidney Beans	Mayonnaise	Fruit juice, sweetened
	White Haricot Beans		Seitan (wheat gluten)	Nutmeg	Lager
Real Salt / Himalayan Salt		Distilled Water		Table salt	Spirits
	Cayenne		Curry Powder	Vanilla	Tea
Pumpkin Seeds	Garlic	Herbs and most spices	Sunflower Oil		Wine
	Red Pepper			Butter	Carob
Grasses (Wheatgrass, Barleygrass etc)	Avocado	Avocado Oil	Grapeseed Oil	Corn Oil	Cocoa
Cucumber	Beetroot	Borage Oil	Rapeseed Oil	Ghee	Jam
Kale	Bell Peppers	Coconut Oil		Margarine	Jelly
Parsley	Broccoli	Cod Liver Oil	Cantaloupe		Malt
Sea Vegetables	Cabbage	Evening Primrose Oil	Currant	Apple	MSG
Soy Sprouts	Celery	Linseed Oil	Fresh Dates	Apricot	Mustard
Sprouts	Collard/Spring Greens	Marine Lipids	Nectarine	Banana	Rice Syrup
	Endive	Olive oil	Plum	Blackberry	Soy Sauce
Green Drinks	Ginger	Udo's Oil	Sweet Cherry	Blueberry	Vinegar
	Green Beans			Cranberry	Yeast
	Lettuce	Coconut	Amaranth	Currant	
	Mustard Greens	Grapefruit	Millet	Fresh fig	Dried Fruit
	Okra	Lemon		Gooseberry	Pickled Fruit
	Onion	Lime	Freshwater Wild Fish	Grape	
	Radish	Sour Cherry		Guava	Barley
	Rocket		Cream	Honeydew Melon	Corn
	Sorrel	Buckwheat	Milk	Mango	Oat Bran
	Spinach	Quinoa	Ricemilk	Mango	Rye
	Tomato	Spelt	Soy milk	Orange	
		Goat Milk		Papaya	Beef
			Brazil Nuts	Peach	Chicken
		Almond	Hazelnuts	Pineapple	Eggs
			Pecans	Raspberry	Farm raised fish
		Carrot		Strawberry	Organ Meats
		Horseradish	Linseed	Tangerine	Pork
		Swede	Sunflower seed	Watermelon	Poultry
		Turnip			Shellfish
				Biscuits	Veal
		Caraway Seed		Brown Rice	
		Cumin Seed		Oats	Casein (milk protein)
		Fennel Seed		Rye Bread	Cottage Cheese
		Sesame Seed		Wheat	Goat Cheese
				White Bread	Hard Cheese
		Chicory		White Rice	Ice Cream
				Whole Grain Bread	Soy Cheese
		Artichokes		Wholemeal Bread	Whey
		Asparagus		Wild Rice	Yoghurt
		Brussels Sprouts			
		Cauliflower		Ocean Fish	Cashews
		Chives			Peanuts
		Comfrey		Walnuts	Pistachios
		Courgette			
		Leeks			Potatoes (stored)
		Peas			
		Rhubarb			Artificial Sweeteners
		Watercress			Barley Malt Syrup
					Beet Sugar
					Brown Sugar
					Cane Juice
					Corn Syrup
					Dried Sugar Cane
					Fructose
					Honey
					Maple Syrup
					Molasses
					White Sugar
					Mushrooms

The information on this page is based on research carried out by Dr. Robert O. Young. For more information see the books pH Miracle and Sick and Tired