

acid/alkaline food table

most alkaline	alkaline	lowest alkaline	food category	lowest acid	acid	most acid
stevia	maple syrup, rice syrup	raw honey, raw sugar	sweeteners	processed honey, molasses	white sugar, brown sugar	nutrasweet equal sweet 'n' low
lemons, limes, watermelon, mangoes, grapefruit, papayas	dates, figs, kiwi, melons, grapes, berries, apples, pears, raisins, <i>blueberries</i>	oranges, bananas, cherries, peaches, avacados, pine-apples	fruits	plums, processed fruit juices	sour cherries, rhubarb	cranberries, prunes, blackberries, <i>blueberries</i>
asparagus, raw spinach, garlic, broccoli, parsley, vegetable juices, onions	okra, squash, green beans, beets, celery, lettuce, sweet potato, zucchini, <i>carob</i>	carrots, olives, potato skins, peas, tomatoes, fresh corn, mushrooms, cabbage, <i>tofu, soybeans</i>	beans vegetables legumes	cooked spinach, kidney beans, string beans	potatoes w/o skin, pinto beans, navy beans, lima beans, <i>soybeans</i>	chocolate, <i>carob</i>
	almonds	chestnuts	nuts seeds	pumpkin seeds, sunflower seeds	pecans, cashews	peanuts
	olive oil, <i>flax oil</i>	canola oil	oils	corn oil, <i>flax oil</i>		
		amaranth, millet, wild rice, quinoa	grains cereals	sprouted wheat bread, spelt, brown rice	white rice, corn, buckwheat, oats, rye	wheat, white flour, pastries, pasta
			meats	venison, cold water fish	turkey, chicken, lamb	pork, beef, shellfish
	breast milk	goat milk, goat cheese, whey, <i>soy cheese, soy milk</i>	eggs dairy	eggs, butter, yogurt, buttermilk, cottage cheese, <i>soy milk</i>	raw milk, <i>soy cheese</i>	cheese, ice cream, homogenized milk
lemon water, herb teas	green tea	ginger tea	beverages	tea	coffee	beer, soft drinks

How to use this chart:

Eat for health by choosing most of your foods from the alkaline side of this chart.

1. Star those alkaline items you like and would commit to eating more of. Do this on this on the low acid foods as well.
2. Circle the things you want to stay away from.
3. Cross out the things you have decided not to eat or don't like.

Words in Italics are listed multiple times. As with all foods, different people have different metabolizing processes. The italicized words more commonly have different rates. Research shows that about 30% of people studied metabolize acidic and alkaline foods differently than expected. Monitor your acid/alkaline balance after eating these foods to learn how your body processes them. Take the time to determine what foods will work best for you.

Morning/Maintenance Testing

Test your pH at the most acidic time of the day, in the morning before a meal 2 days a week. This can be done 1 hour before a meal or two hours after.

Continual/Diagnostic Testing

Test and track pH repeatedly over a period of 24 hours and calculate the average. Keep a log of the foods consumed in order to help quickly determine which foods and drinks contribute to your pH levels. This will allow you to make adjustments to stay in balance through dietary changes.