

# The Alkaline Food Chart

## List of Alkaline Foods & Acidic Food pH Ratings

[www.alkalinedietreview.com](http://www.alkalinedietreview.com)

\* You should aim for a 70/30 ratio between alkaline and acid foods.

Food Category	Food	Rating					
		<-- highly acidic --	highly alkaline -->				
Breads	Corn Tortillas		x				
Breads	Rye bread			x			
Breads	Sourdough bread		x				
Breads	White biscuit			x			
Breads	White bread		x				
Breads	Whole-grain bread			x			
Breads	Whole-meal bread			x			
Condiments	Ketchup		x				
Condiments	Mayonnaise		x				
Condiments	Miso		x				
Condiments	Mustard		x				
Condiments	Soy sauce		x				
Dairy	Buttermilk				x		
Dairy	Cheese (all varieties, from all milks)		x				
Dairy	Cream			x			
Dairy	Egg whites		x				
Dairy	Eggs (whole)		x				
Dairy	Homogenized milk			x			
Dairy	Milk (not pasteurized)			x			
Dairy	Milk (pasteurized)		x				
Dairy	Paneer (cheese)		x				
Dairy	Quark		x				
Dairy	Yoghurt (sweetened)		x				
Dairy	Yoghurt (unsweetened)			x			
Beverages & Drinks	Beer	x					

Beverages & Drinks	Coffee	x					
Beverages & Drinks	Coffee substitue drinks			x			
Beverages & Drinks	Fruit juice (natural)			x			
Beverages & Drinks	Fruit juice (sweetened)	x					
Beverages & Drinks	Liquor	x					
Beverages & Drinks	Soda/Pop		x				
Beverages & Drinks	Tea (black)	x					
Beverages & Drinks	Tea (herbal, green)				x		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x		
Beverages & Drinks	Water (sparkling)		x				
Beverages & Drinks	Water (spring)			x			
Beverages & Drinks	Wine		x				
Fats & Oils	Borage oil				x		
Fats & Oils	Butter			x			
Fats & Oils	Coconut Oil (raw)				x		
Fats & Oils	Cod liver oil			x			
Fats & Oils	Corn oil			x			
Fats & Oils	Evening Primrose oil				x		
Fats & Oils	Flax seed oil				x		
Fats & Oils	Margarine			x			
Fats & Oils	Marine lipids				x		
Fats & Oils	Olive Oil				x		
Fats & Oils	Sesame oil				x		
Fats & Oils	Sunflower oil			x			
Fruits	Acai Berry			x			
Fruits	Apples			x			
Fruits	Apricot			x			
Fruits	Apricots			x			
Fruits	Apricots (dried)			x			
Fruits	Avocado (protein)					x	
Fruits	Banana (ripe)				x		
Fruits	Banana (unripe)			x			
Fruits	Black currant			x			
Fruits	Blackberries			x			
Fruits	Blueberry			x			
Fruits	Cantaloupe			x			
Fruits	Cherry, sour				x		
Fruits	Cherry, sweet			x			
Fruits	Clementines			x			
Fruits	Coconut, fresh				x		
Fruits	Cranberry			x			
Fruits	Currant			x			
Fruits	Dates			x			
Fruits	Dates (dried)			x			
Fruits	Fig juice powder			x			
Fruits	Figs (dried)				x		
Fruits	Figs (raw)				x		

Fruits	Fresh lemon				x		
Fruits	Goji berries			x			
Fruits	Gooseberry, ripe			x			
Fruits	Grapefruit			x			
Fruits	Grapes (ripe)			x			
Fruits	Italian plum			x			
Fruits	Limes				x		
Fruits	Mandarin orange		x				
Fruits	Mango			x			
Fruits	Nectarine			x			
Fruits	Orange			x			
Fruits	Papaya			x			
Fruits	Peach			x			
Fruits	Pear			x			
Fruits	Pineapple		x				
Fruits	Pomegranate		x				
Fruits	Raspberry		x				
Fruits	Red currant			x			
Fruits	Rose hips		x				
Fruits	Strawberries			x			
Fruits	Strawberry			x			
Fruits	Tangerine			x			
Fruits	Tomato				x		
Fruits	Watermelon			x			
Fruits	Yellow plum			x			
Grains & Legumes	Basmati rice			x			
Grains & Legumes	Brown rice		x				
Grains & Legumes	Buckwheat				x		
Grains & Legumes	Bulgar wheat			x			
Grains & Legumes	Couscous			x			
Grains & Legumes	Granulated soy (cooked, ground)					x	
Grains & Legumes	kamut				x		
Grains & Legumes	Lentils				x		
Grains & Legumes	Lima beans					x	
Grains & Legumes	Oats			x			
Grains & Legumes	Rye bread			x			
Grains & Legumes	Soy flour				x		
Grains & Legumes	Soy lecithin, pure						x
Grains & Legumes	Soy nuts (soaked soy beans, then dried)						x
Grains & Legumes	Soybeans, fresh					x	
Grains & Legumes	Spelt				x		
Grains & Legumes	Tofu				x		
Grains & Legumes	Wheat		x				
Grains & Legumes	white (navy) beans					x	
Meat, Poultry & Fish	Beef	x					
Meat, Poultry & Fish	Buffalo		x				
Meat, Poultry & Fish	Chicken		x				

Meat, Poultry & Fish	Duck		x				
Meat, Poultry & Fish	Fresh water fish		x				
Meat, Poultry & Fish	Liver			x			
Meat, Poultry & Fish	Ocean fish		x				
Meat, Poultry & Fish	Organ meats			x			
Meat, Poultry & Fish	Oysters			x			
Meat, Poultry & Fish	Pork	x					
Meat, Poultry & Fish	sardines (canned)	x					
Meat, Poultry & Fish	Tuna (canned)	x					
Meat, Poultry & Fish	Veal	x					
Meat, Poultry & Fish	Wild salmon,		x				
Misc	Apple Cider Vinegar			x			
Misc	Baking soda					x	
Misc	Bee pollen				x		
Misc	Canned foods		x				
Misc	cereals (like Kelloggs etc)		x				
Misc	Hummus			x			
Misc	Microwaved foods		x				
Misc	POPCORN			x			
Misc	Rice milk			x			
Misc	Royal Jelly				x		
Misc	Soy Protein Powder			x			
Misc	Tempeh			x			
Misc	Whey protein powder			x			
Nuts	Almond				x		
Nuts	Almond butter (raw)				x		
Nuts	Brazil nuts			x			
Nuts	Cashews			x			
Nuts	Filberts			x			
Nuts	Hazelnut			x			
Nuts	Macadamia nuts (raw)			x			
Nuts	Peanut butter (raw, organic)		x				
Nuts	Peanuts		x				
Nuts	pine nuts (raw)				x		
Nuts	Pistachios		x				
Nuts	Walnuts			x			
Roots	Carrot				x		
Roots	Fresh red beet					x	
Roots	Kohlrabi				x		
Roots	Potatoes				x		
Roots	Red radish					x	
Roots	Rutabaga				x		
Roots	Summer black radish						x
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		

Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds			x			
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Milk sugar			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		

Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x
Vegetables	Dog grass						x
Vegetables	Endive, fresh					x	
Vegetables	French cut (green) beans					x	
Vegetables	Frozen vegetables		x				
Vegetables	Garlic					x	
Vegetables	Ginger					x	
Vegetables	Ginseng				x		
Vegetables	Green cabbage, (December Harvest)				x		
Vegetables	Green cabbage, (March Harvest)				x		
Vegetables	Horse radish				x		
Vegetables	Jicama						x
Vegetables	Kale						x
Vegetables	Kamut grass						x
Vegetables	Lamb's lettuce				x		
Vegetables	Leeks (bulbs)				x		
Vegetables	Lettuce				x		
Vegetables	Mushrooms		x				
Vegetables	Mustard greens				x		
Vegetables	Onion				x		
Vegetables	Oregano					x	
Vegetables	Parsnips				x		
Vegetables	Peas, fresh				x		
Vegetables	Peas, ripe				x		
Vegetables	Peppers				x		
Vegetables	Pickled vegetables	x					
Vegetables	Pumpkins (raw)				x		
Vegetables	Raw onions				x		
Vegetables	Red cabbage				x		
Vegetables	Rhubarb stalks				x		
Vegetables	Savoy Cabbage				x		
Vegetables	Sea Vegetables				x		
Vegetables	Seaweed (dulse, kelp, laver, etc)				x		
Vegetables	Shave grass						x
Vegetables	Sorrel					x	
Vegetables	Sourkraut		x				
Vegetables	Soy Sprouts						x
Vegetables	Spinach (March harvest)				x		
Vegetables	Spinach (other than March)					x	
Vegetables	Sprouted seeds (all kinds)						x
Vegetables	Squash (all kinds, raw)				x		
Vegetables	Straw grass						x
Vegetables	Thyme				x		
Vegetables	Tomatoes (puree)				x		
Vegetables	Tomatoes (raw)				x		

Vegetables	Tomatoes (sundried)	Red	Yellow	Light Green	X	Dark Green	Dark Green
Vegetables	Watercress	Red	Yellow	Light Green	X	Dark Green	Dark Green
Vegetables	Wheat grass	Red	Yellow	Light Green		Dark Green	X
Vegetables	White cabbage	Red	Yellow	Light Green	X	Dark Green	Dark Green
Vegetables	Yeast	Red	Yellow	Light Green	X	Dark Green	Dark Green
Vegetables	Zucchini	Red	Yellow	Light Green	X	Dark Green	Dark Green



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Please use the Alkaline food chart to look up foods ph ratings...  
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