

## Simple Acid/Alkaline Food List

**EAT MORE** ←

→ **EAT LESS**

### Highly Alkaline

Himalayan salt  
Grasses  
Cucumber  
Kale  
Kelp  
Spinach (baby and grown)  
Parsley  
Broccoli  
Sprouts (soy, alfalfa etc)  
Sea Vegetables (Kelp)  
Green drinks  
All Sprouted Beans/  
Sprouts

### Moderately Alkaline

Avocado  
Beetroot  
Basil  
Capsicum/Pepper  
Cabbage  
Celery  
Chives  
Collard/Spring  
Greens  
Coriander  
Endive  
Garlic  
Ginger  
Green Beans  
Lettuce  
Mustard Greens  
Okra  
Onion  
Radish  
Red Onion  
Rocket/Arugula  
Tomato  
Lemon  
Lime  
Butter Beans  
Soy Beans  
White Haricot Beans  
Chia/Salba  
Quinoa

### Mildly Alkaline

Artichokes  
Asparagus  
Brussels Sprouts  
Cauliflower  
Carrot  
Courgette/Zucchini  
Leeks  
New Baby  
Potatoes  
Peas  
Pumpkin  
Swede  
Squash  
Watercress  
Grapefruit  
Coconut  
Pomegranate  
Rhubarb  
Buckwheat  
Lentils  
Tofu  
Goat & Almond Milk  
Herbs & Spices  
Avocado Oil  
Olive Oil  
Coconut Oil  
Flax Oil/ Udo's Oil

### Neutral/ Mildly Acidic

Black Beans  
Chickpeas  
Kidney Beans & Other  
Beans  
Seitan  
Cantaloupe  
Fresh Dates  
Nectarine  
Plum  
Sweet Cherry  
Watermelon  
Millet  
Oats/Oatmeal  
Spelt  
Soybeans  
Buckwheat Pasta  
Cous Cous  
Brown Rice  
Rice/Soy/Hemp Protein  
Freshwater Wild Fish  
Rice & Soy Milk  
Brazil Nuts  
Pecan Nuts  
Hazel Nuts  
Sunflower Oil  
Grapeseed Oil

### Moderately Acidic

Fresh, Natural Juice  
Ketchup  
Mayonnaise  
Butter  
Apple  
Apricot  
Banana  
Blackberry  
Blueberry  
Cranberry  
Grapes  
Guava  
Mango  
Mangosteen  
Orange  
Peach  
Papaya  
Pineapple  
Strawberry  
Goat's Cheese  
Vegan Cheese  
Rye Bread  
Wheat  
Wholemeal Bread  
Wild Rice  
Wholemeal Pasta  
Ocean Fish

### Highly Acidic

Alcohol  
Coffee & Black Tea  
Fruit Juice (Sweetened)  
Cocoa  
Honey  
Jam  
Jelly  
Mustard  
Miso  
Rice Syrup  
Soy Sauce  
Vinegar  
Yeast  
Dried Fruit  
Beef  
Chicken  
Eggs  
Farmed Fish  
Pork  
Shellfish  
Cheese  
Dairy  
Artificial  
Sweeteners  
Syrup  
Mushroom