

Alkaline Food List

ALKALINE FOODS - promote health

ACID FOODS - promote disease

The pH of a food is created during the digestion of the food, also called the ash after metabolism, it is not the same as taste referenced pH, like citrus or tomato being acid, both of these are alkaline foods in terms of health.

FRUITS

ALKALINE	ALKALINE	ALKALINE	ALKALINE	ACID FRUITS
Apples/cider	Currants	Loquats	Persimmons	All preserves
Apricots	Dates	Mangos	Pineapple (fresh)	All canned with sugar
Avocados	Figs	Nectarines	Pomegranates	Cranberries
Bananas	Grapes	Olives (ripe)	Melons (all)	Dried-sulphured, glazed
Berries (most)	Grapefruit	Oranges	Raisins	Olives (Pickled)
Cantaloupe	Guavas	Papayas	Sapotes	Plums
Carob (pod only)	Kumquats	Passion Fruit	Tamarind	Prunes
Cherries	Lemons (ripe)	Peaches	Tangerines	Blueberries
Citron	Limes	Pears	Tomatoes (fully ripened)	

VEGETABLES

ALKALINE	ALKALINE	ALKALINE	ALKALINE	ACID VEGETABLES
Alfalfa sprouts	Chicory	Leeks	Radish	Asparagus tips
Artichokes	Com	Lettuce	Romaine lettuce	(white only)
Asparagus	Cucumber	Mushrooms	Rutabagas	Beans (dried)
Bamboo shoots	Dill	Okra	Sauerkraut	Garbanzos
Beans (green,lima,wax,string)	Dock	Onions	Soybeans	Lentils
Beets	Dulse	Oyster plant	Spinach	
broccoli	Eggplant	Parsley	Sprouts	
Cabbages	Endive	Parsnips	Squash	
Carrots	Escarole	Peas	Turnips	
Celery	Garlic	Peppers (bell)	Watercress	
Cauliflower	Horseradish	Potatoes	Yams,	
Chard	Jerusalem artichokes	(skin is best part)	sweet potatoes	
	Kale	Pumpkin		

Dairy

ALKALINE DAIRY

Acidophilus milk
Buttermilk
Yogurt
Milk (raw only
-- human, cow, or goat)
Whey

ACID DAIRY

Butter
Cheese (all)
Cottage cheese
Cream
Custards
Margarine
Milk (boiled, cooked, malted,
dried, canned)

Grains

ALKALINE GRAINS

Amaranth
Quinoa
Buckwheat & Millet
are thought to be either
neutral or alkaline.

ACID GRAINS

All grains and
grain products
except perhaps
buckwheat and millet

NUTS

ALKALINE NUTS

Almonds
Chestnuts (roasted)
Coconut (fresh)

ACID NUTS

All except above
Coconut (dried)

ALKALINE MEATS

Beef Juice
Blood & bone
(only bonemeal is alkaline)

MEAT

ACID MEATS

All meats
Fowl, fish, shellfish,
Gelatin

MISC

ALKALINE, MISC.

Agar
Coffee substitute
Honey
Kelp (edible)
Tea (herbal & Chinese)
Egg yolks

ACID MISC.

Alcoholic drinks
Cocoa
Coffee, Indian teas
Condiments (all)
Dressings
Drugs

ACID MISC.

Eggs (whites)
Flavorings
Mayonnaise
Tapioca
Tobacco
Vinegar