### Alkaline Food Chart

**Highly Alkaline**  
baking soda  
chlorella  
dulse  
lemons  
lentils  
limes  
lotus root  
mineral water  
nectarine  
onion  
persimmon  
pineapple  
pumpkin seed  
raspberry  
sweet potato  
tangerine  
taro root  
tarosho plums  
vegetable juices  
watermelon

**Moderately Alkaline**  
apples  
apricots  
arugula  
asparagus  
banchi tea  
beans (fresh green)  
broccoli  
cantaloupe  
carob  
carrots  
cashews  
cayenne  
chestnuts  
citrus  
dandelion  
dandelion tea  
dewberry  
dried flowers  
devine  
garlic  
ginger (fresh)  
ginseng tea  
grapefruit  
herbal tea  
herbs (leafy green)  
honeydew  
kale  
kambucha  
kelp  
kiwifruit  
kohlrabi  
loganberry  
mango  
molasses  
mustard green  
olive  
parsley  
parsnip  
passion fruit  
peas  
pepper  
raspberries  
soy sauce  
spices  
sweet corn (fresh)  
turnip

**Low Alkaline**  
almonds  
apple cider vinegar  
apples (sour)  
artichokes (jerusalem)  
avocado  
bell pepper  
blackberry  
brine rice vinegar  
cabbage  
cauliflower  
cherry  
cod liver oil  
collard green  
eye yolks  
eggplant  
ginseng  
green tea  
herbs  
honey (raw)  
leeks  
mushrooms  
nutritional yeast  
papaya  
peach  
pear  
pickles (homemade)  
potato  
primrose oil  
pumpkin  
quail eggs  
radicchio  
rice syrup  
rutabaga  
sake  
sesame seed  
sprouts  
watercress

**Very Low Alkaline**  
alalfa sprouts  
avocado oil  
banana  
beet  
blueberry  
brussels sprouts  
chicken  
chive  
cilantro  
coconut oil  
cucumber  
currant  
duck eggs  
fermented veggies  
flax oil  
ghee  
ginger tea  
grain coffee  
grapes  
hemp seed oil  
japonica rice  
lettuces  
oats  
okra  
olive oil  
oranges  
quinoa  
raisin  
sprouted seeds  
squashes  
strawberry  
sunflower seeds  
tahini  
tempeh  
turnip  
umeboshi greens  
umeboshi vinegar  
wild rice

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**Ideally 60 - 80% of your diet would come from ALKALINE-forming foods and 20-40% from ACID-forming foods.**

For the acid-forming, skip the fast-food burgers and processed goods whenever possible. Instead choose healthier options like beans, grains and other freshly made foods.

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**Disclaimer:** These charts are for information only and should not be used for the treatment of medical conditions. Greenopedia has used all reasonable care in compiling the information, but makes no warranty as to its accuracy. Consult a doctor for diagnosis and treatment of medical conditions.
<table>
<thead>
<tr>
<th>Acidic Level</th>
<th>Food Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Low Acidic</td>
<td>amaranth, black-eyed peas, brown rice, butter, canola oil, chutney, coconut, cream, curry, dates, dry fruit, fava beans, figs, fish, gelatin, goat cheese, grape seed oil, guava, honey, kasha, koma coffee, maple syrup, millet, organs, pine nuts, pumpkin seed oil, rhubarb, sheep cheese, spinach, string beans, sunflower oil, triticale, venison (deer), vinegar, wax beans, wild duck, zucchini</td>
</tr>
<tr>
<td>Low Acidic</td>
<td>adzuki beans, aged cheese, alcohol, almond oil, balsamic vinegar, black tea, boar, buckwheat, chard, cow milk, elk, farina, game meat, goat milk, goose, kamut, kidney beans, lamb, lima beans, milk, mollusks, mutton, navy beans, pinto beans, plum, red beans, safflower oil, seitan, semolina, sesame oil, shell fish, soy cheese, spelt, tapioca, teff, tofu, tomatoes, turkey, vanilla, wheat, white beans, white rice</td>
</tr>
<tr>
<td>Moderately Acidic</td>
<td>barley groats, basmati rice, bear, casein, chestnut oil, chicken, coffee, corn, cottage cheese, cranberry, egg whites, fructose, garbanzo beans, green peas, honey (pasteurized), ketchup, lard, maize, mussels, mustard, nutmeg, oat bran, olives (pickled), other legumes, palm kernel oil, pasta (whole grain), pastry, peanuts, pecans, pistachio seeds, pomegranate, popcorn, pork, prunes, rye, snow peas, soy milk, squid, veal</td>
</tr>
<tr>
<td>Highly Acidic</td>
<td>artificial sweeteners, barley, beef, beer, brazil nuts, breads, brown sugar, cocoa, cottonseed oil, flour (white), fried foods, fruit juices with sugar, hazelnuts, hops, ice cream, jam / jelly, liquor, lobster, malt, pasta (white), pheasant, pickles (commercial), processed cheese, seafood, soft drinks, soybean, sugar, table salt, walnuts, white bread, white vinegar, whole wheat foods, wine, yeast, yogurt (sweetened)</td>
</tr>
</tbody>
</table>

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