

The Ultimate Acid Alkaline Food Chart

Very Alkalizing	★★★★★	Somewhat Alkalizing	★★★	Somewhat Acidifying	★★	Very Acidifying	★
MEAT & POULTRY		Ice cream ★		GRAINS & STARCHES		Cilantro (Chinese parsley) ★★★	
Beef ★	New cheese ★	Rice milk ★★	Amaranth ★★★	Collard greens ★★★			
Buffalo ★★	Sheep cheese ★★	Soy cheese ★★	Barley ★	Eggplant ★★★			
Chicken breast ★	Soy milk ★	Yogurt ★★	Brown rice ★★	Endive ★★★★★			
Duck ★★	BEANS & LEGUMES		Buckwheat (kasha) ★★	Garlic ★★★★★			
Goat ★	Aduki beans ★★	Black-eyed peas ★★	Corn (maize) ★	Jicama ★★★			
Goose ★★	Carob ★	Chick peas (garbanzos) ★	Farina ★★	Kale ★★★★★			
Lamb ★★	Fava beans ★★	Green peas ★	Kamut ★★	Kohlrabi ★★★★★			
Pheasant ★	Green peas ★	Kidney beans ★★	Millet ★★	Lettuce ★★★			
Pork ★	Lentils ★★★★★	Miso ★★★★★	Oats ★★★	Mushrooms ★★★			
Rabbit ★	Lima beans ★★	Mung beans ★★	Oat bran ★	Mustard greens ★★★★★			
Turkey ★★	Mung beans ★★	Navy beans ★★	Quinoa ★★★	Okra ★★★			
Venison ★	Navy beans ★★	Peanuts ★	Rye ★	Onion ★★★★★			
FISH & SEAFOOD		Peanuts ★	Semolina ★★	Parsnips ★★★★★			
Abalone ★★	Peanuts ★	Peanuts ★	Spelt ★★	Parsley ★★★★★			
Clams ★★	Peanuts ★	Peanuts ★	Teff ★★	Potato ★★★			
Crab ★★	Peanuts ★	Peanuts ★	Triticale ★★	Pumpkin ★★★			
Fish ★★	Peanuts ★	Peanuts ★	Wheat ★★	Rhubarb ★★			
Lobster ★	Peanuts ★	Peanuts ★	White rice ★★	Rutabaga ★★★			
Squid ★	Peanuts ★	Peanuts ★	Wild rice ★★★	Salsify ★★★			
DAIRY & EGGS		Peanuts ★	VEGETABLES		Seaweed (nori, hijiki, kombu, wakame) ★★★★★		
Aged cheese ★★	Peanuts ★	Peanuts ★	Arugula ★★★★★	Spinach ★★			
Almond milk ★★★	Peanuts ★	Peanuts ★	Asparagus ★★★★★	Squash ★★★			
Butter ★★	Peanuts ★	Peanuts ★	Beet ★★★	Sweet potato ★★★★★			
Cow milk ★★	Peanuts ★	Peanuts ★	Bell pepper ★★★	Taro root ★★★★★			
Cottage cheese ★	Peanuts ★	Peanuts ★	Broccoli ★★★★★	Tomato ★★			
Cream ★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★	Turnip greens ★★★			
Eggs ★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★	Yam ★★★★★			
Clarified butter (ghee) ★★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★	Zucchini ★★			
Cottage cheese ★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★				
Goat cheese ★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★				
Goat milk ★★	Peanuts ★	Peanuts ★	Broccoli ★★★★★				

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Very Alkalizing	★★★★★	Somewhat Alkalizing	★★★☆☆	Somewhat Acidifying	★★☆☆☆	Very Acidifying	★☆☆☆☆
FRUITS		Tangerine	★★★★★	SWEETENERS		HERBS & SPICES	
Apple	★★★☆☆	Watermelon	★★★★★	Aspartame	★☆☆☆☆	Baking soda	★★★★★
Apricot	★★★☆☆	BEVERAGES		Honey	★★☆☆☆	Carob	★☆☆☆☆
Avocado	★★★☆☆	Beer	★☆☆☆☆	Maple syrup	★★☆☆☆	Cinnamon	★★★★★
Banana	★★★☆☆	Black tea	★★☆☆☆	Molasses	★★★★★	Cocoa (chocolate)	★☆☆☆☆
Blackberries	★★★☆☆	Coffee	★☆☆☆☆	Rice syrup	★★★☆☆	Curry powder	★★☆☆☆
Blueberries	★★★☆☆	Green tea	★★★☆☆	Saccharin	★☆☆☆☆	Garlic	★★★★★
Cantaloupe	★★★★★	Kombucha	★★★★★	Stevia	★★☆☆☆	Ginger	★★★★★
Cherimoya	★★☆☆☆	Kona coffee	★★☆☆☆	Sucanat	★★★☆☆	Iodized table salt	★☆☆☆☆
Cherries	★★★☆☆	Liquor	★★☆☆☆	White sugar	★☆☆☆☆	Nutmeg	★☆☆☆☆
Cranberries	★☆☆☆☆	Mineral water	★★★★★	FATS & OILS		Sea salt	★★★★★
Date	★★☆☆☆	Sake	★★★☆☆	Almond oil	★★☆☆☆	Vanilla	★★☆☆☆
Fig	★★☆☆☆	Soft drinks	★☆☆☆☆	Avocado oil	★★★☆☆	CONDIMENTS	
Grapefruit	★★★★★	NUTS & SEEDS		Canola oil	★★☆☆☆	Ketchup (catsup)	★★☆☆☆
Grapes	★★★☆☆	Almonds	★★★☆☆	Chestnut oil	★☆☆☆☆	Soy sauce	★★★★★
Guava	★★☆☆☆	Brazil nuts	★☆☆☆☆	Coconut oil	★★★☆☆	Vinegar, apple cider	★★★☆☆
Honeydew	★★★★★	Cashews	★★★★★	Cottonseed oil	★☆☆☆☆	Vinegar, balsamic	★★☆☆☆
Lemon	★★★☆☆	Chestnuts	★★★★★	Flaxseed oil	★★★☆☆	Vinegar, red wine	★☆☆☆☆
Lime	★★★★★	Coconut	★★☆☆☆	Olive oil	★★★☆☆	Vinegar, white (distilled)	★☆☆☆☆
Mango	★★★★★	Hazelnuts	★☆☆☆☆	Palm kernel oil	★☆☆☆☆		
Nectarine	★★★★★	Pecans	★☆☆☆☆	Safflower oil	★★☆☆☆		
Orange	★★★☆☆	Pistachios	★☆☆☆☆	Sesame oil	★★☆☆☆		
Olives	★★★★★	Poppy seeds	★★★★★	Sunflower oil	★★☆☆☆		
Papaya	★★★☆☆	Pumpkin seeds (pepitas)	★★★★★				
Peach	★★★☆☆	Sesame seeds	★★★☆☆				
Pear	★★★☆☆	Walnuts	★☆☆☆☆				
Persimmon	★★★★★						
Pineapple	★★★★★						
Plum	★★☆☆☆						
Pomegranate	★☆☆☆☆						
Prunes	★★☆☆☆						
Raisins	★★★☆☆						
Raspberries	★★★★★						
Strawberries	★★★☆☆						