

# Acidic Versus Alkaline Food Chart

Extremely Alkaline	Moderately Alkaline	Slightly Alkaline	Food Category	Slightly Acidic	Extremely Acidic	Most Acidic
Stevia	Honey	Rice and Raw Sugar	Sweeteners	Processed Honey, Molasses	White Sugar and Brown Sugar	Nutrasweet, Equal, Aspartame and Sweet and Low
Lemons, Watermelon, Limes, Grapefruit, Mangos, and Papaya	Dates, Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears and Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches and Avocados	Fruits	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Beans Vegetables Legumes	Cooked Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, navy Beans and Lima Beans	Chocolate
	Almonds	Chestnuts	Nuts Seeds	Pumpkin Seeds, Sunflower Seeds	Pecans and Cashews	Peanuts and Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	Oils	Corn Oil		
		Amaranth, Mullet, Wild Rice, Quinoa	Grains Cereals	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			Meats	Venison, Cold Water Fish	Turkey, Chicken and Lamb	Beef, Pork and Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs Dairy	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	Beverages	Tea	Coffee	Beer and Soft Drinks