

Alkaline & Acidic Food List

Alkaline Foods – EAT PLENTY OF THESE

Alkalizing Proteins

- Almonds
- Amaranth
- Black Rice
- Brazil Nuts
- Fonio
- Hazelnuts
- Hemp Seeds
- Kamut
- Pine Nuts
- Quinoa
- Rye
- Sesame Seeds, Black
- Sesame Seeds, White
- Spelt
- Tef
- Wild Rice
- Walnuts

Alkalizing Grains

- Amaranth
- Black Rice
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Tef
- Wild Rice

Alkalizing Vegetables

- Amaranth greens (Callaloo)
- Avocado
- Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Dandelion greens
- Garbanzo beans
- Izote (cactus leaf)
- Kale
- Lettuce (all, except Iceberg)
- Mushrooms (all, except Shitake)
- Nopales (Mexican Cactus)
- Okra
- Olives (and olive oil)
- Onions
- Poke salad -greens
- Purslane (Verdolaga)
- Sea Vegetables (wakame /dulse /arame /hijiki /nori)
- Squash
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Watercress
- Zucchini

Alkalizing Fruits

- Apples
- Burro Bananas (mid-size/ original banana)
- Berries
- Cantaloupe
- Cherries
- Coconut
- Currants
- Dates
- Elderberries (any form)
- Figs
- Grapes (seeded)
- Limes
- Mango
- Melons
- Oranges (seville or sour referred)
- Papayas
- Peaches
- Pears
- Plums
- Prunes
- Raisins
- Soft Jelly Coconuts
- Soursops
- Sugar apples (chermoya)

Alkalizing Seasonings

- Achioté
- Basil
- Bay leaf
- Cayenne
- Chili Pepper
- Cilantro
- Coriander
- Cumin
- Curry
- Dill
- Ginger
- Marjoram
- Onion Powder
- Oregano
- Powdered Granulated Seaweed (Kelp/ Dulce/ Nori)
- Pure Sea Salt
- Sage
- Sweet Basil
- Tarragon
- Thyme

Acidic Foods – EAT LIMITED AMOUNTS

Acidifying Proteins

- Beef
- Chicken
- Dairy
- Eggs
- Fish
- Lamb
- Pork
- Shellfish
- Turkey
- Veal
- Venison

Acidifying Grains

- Barley
- Bran (oat, wheat)
- Bread
- Corn
- Flour (wheat, white)
- Oatmeal
- Oats
- Rice (white, brown)
- Wheat

Acidifying Dairy

- Butter
- Cheese
- Ice cream
- Milk

Acidifying Fruit

- Cranberries

Acidifying Drinks – AVOID IF POSSIBLE

- Beer
- Coffee
- Juices (processed)
- Liquor
- Soda