

The Alkaline List:

Extremely Alkaline Forming Foods:

Lemons, Watermelon, Agar Agar, Cantaloupe, Cayenne (Capsicum), Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley, Seedless grapes (sweet), Watercress, Seaweeds, Asparagus, Endive, Kiwifruit, Fruit juices, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, and Vegetable juices .

Moderately Alkaline Forming Foods:

Apples, Apricots, Alfalfa sprouts, Arrowroot, Flour, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable), Spinach, Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage; Cauli, Carob, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash, Sweet corn (fresh), Tamari, Turnip, Vinegar (apple cider).

Slightly Alkaline Forming to Neutral Foods:

Almonds, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussels Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe, Onions, Pickles, (home made), Radish, Sea salt, Spices, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut, Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread, Goat's milk and whey (raw), Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole), Soy beans (dry), Soy cheese, Soy milk, Sprouted grains, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes).

Extremely Acid Forming Foods:

Artificial sweeteners, Beef, Carbonated soft drinks & fizzy drinks, Cigarettes (tailor made), Drugs, Flour white & wheat, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar white, Beer, Brown sugar, Chicken, Deer, Chocolate, Coffee, Custard with white sugar, Jams, Jellies, Liquor, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

Moderately Acid Forming Foods:

Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) e.g. weetabix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods, Wine, Yogurt (sweetened), Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice basmati, Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic).

Slightly Acid to Neutral Forming Foods:

Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries, Fructose, Honey pasteurized, Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic), Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly), Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo), Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums, Prunes, Spelt, Butter (fresh unsalted), Cream (fresh and raw), Margarine, Milk (raw cow's), Oils (except olive), Whey (cow's), Yogurt (plain).

Courtesy of Dr. Mike Van Thielen.