THE ULTIMATE ACID-ALKALINE FOOD AND DRINK CHART

All foods have a pH value and are either acid-forming, alkaline-forming or have neutral pH. Diets that stress high acid-forming foods can lead to chronic acidosis that will weaken health and ultimately create a breeding ground for adult degenerative disease. The Acid-Alkaline Food Chart below is designed to help guide you to make better dietary choices based on the pH value of foods.

This information is provided by Alkalife You may post share and distribute this chart provided it is not altered in a



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		D *		9		AND A PH BO
	Acidi Eat Less	C of These	Neutral (7.0 pH		aline e of These	
-	Highly Acidic	Moderately Acidic	Neutral Adzuki beans Chickpeas Fava Beans	Moderately Alkaline	Highly Alkaline	
BEANS			Kidney Beans Lima beans Mung beans Navy Beans Pinto Beans	Lentils		BEANS
	Soybeans		Green Beans White Beans	Almond Milk	Alkaline Water	
	Beer and Ale Cola	Coffee	Apple Juice	Apple Cider		
BEVERAGES	Gin		Grape Juice Milk	Grapefruit Juice Green tea	Ginger tea	BEVERAGES
BEV	Scotch Soft Drinks Soy Milk	Rice Milk	Orange Juice Black Tea			GES
4	Vodka Wine Highly Acidic	Moderately Acidic	Tomato Juice Tap Water Neutral	Moderately Alkaline	Highly Alkaline	
BREADS	Bagels Biscuits Breadsticks Croissants Pita					BREADS
	Tortillas White Bread	Pumpernickel Rye Whole Wheat Bread				ADS
CEREALS	Farina	Bran Cereal Corn Flakes	Bran Flakes Buckwheat			CEREALS
U		Grits Oat Bran	Granola Kasha Oatmeal			JES (
CHEESES	American Cheese Cheddar Cheese Gouda Hard Cheese	Cottage Cheese Cream Cheese				CHEESES
ا —	Hard Cheese Mozzarella Swiss Cheese Highly Acidic	Soft Cheese Moderately Acidic	Neutral	Moderately Alkaline	Highly Alkaline	TZ
CONDIMENTS		Ketchup Mustard Pickle Relish	Mayonnaise		Horseradish Miso	CONDIMENTS
		Pickle Relish Dried Cranberries	Dried Apricots Dates	Soy Sauce		
DRIED FRUITS			Dried Figs Prunes Raisins			DRIED FRUITS
OILS	Cottonseed oil		Avocado Oil Butter Canola Oil Clarified Butter Coconut Oil Cod Liver Oil			FATS
FATS AND OILS	Cottonseed OII	Lard Peanut Oil	Flaxseed oil Margarine Olive Oil			FATS AND OILS
_	Highly Acidic	Soybean Oil Moderately Acidic	Sesame Oil Sunflower Oil Vegetable Oil Neutral	Moderately Alkaline	Highly Alkaline	
FLOUR	White Rice Flour	Rye Flour	Buckwheat Flour Millet Flour Oat Flour Brown Rice Flour			FLOUR
	Wheat Flour	,		Apples Apricots Avocados		
			Coconuts	Bananas Blueberries Boysenberries Cherries	Blackberries Cantaloupe	
FRUITS			Cocuniuts	Currants Grapefruits Grapes Lemons	Honeydew Melon Kiwi Fruit	FRUITS
ii				Oranges Peaches Pears	Limes Mangos Papayas	IS
		Pomegranates	Plums		Persimmon Pineapples Raspberries Strawberries	
=		Barley Flour Bulgur Wheat			Tangerines Watermelons	
GRAINS		Cornmeal Rye	Kasha Millet Quinoa Rice			GRAINS
-	Highly Acidic Beef	Moderately Acidic Chicken	Wheat Neutral	Moderately Alkaline	Highly Alkaline	
MEATS	Veal	Lamb Pork Rabbit Turkey Beef and Pork Sausage				MEATS
'Y & EGGS	Hard cheeses	Cream Cheese Eggs	Butter			MILK, DA
MILK, DAIRY & EGGS		Soft cheeses Yogurt	Kefir Milk Sour Cream			MILK, DAIRY & EGGS
S			Almonds Flaxseed	Cashews Cumin Seeds	Chestnuts	
NUTS AND SEEDS		Peanuts Pecans	Flaxseed Macadamia Nuts Pine Nuts	Pistachio Nuts	Hazelnuts	NUTS AND SEEDS
NC NC	Soy Nuts Walnuts		Sesame Seeds Sunflower Seeds		Pumpkin Seeds	:DS
SEAFOOD	Lobster Mussels	Freshwater Fish Saltwater Fish	Clams			SEAFOOD
SEA	Mussels Shrimp	Oysters Scallops				000
SWEETENERS	Corn Syrup	Aspartame Saccharin	Honey Maple Syrup Stevia	Molasses		SWEETENERS
15	Sugar Highly Acidic	Moderately Acidic	Stevia Neutral	Moderately Alkaline	Highly Alkaline	8
				Artichokes Beets Bell Peppers Broccoli Cabbage	Asparagus Brussel Sprouts	
			Carrots	Cabbage Cauliflower Corn	Celery Collards	
ABLES			Cucumbers	Eggplant Garlic Green Onions Lettuce	Endive Kale	VEGE
VEGETABLES		Olives	Mushrooms Peas	Lettuce Okra	Onions Parsnips	VEGETABLES
			Peas Snow Peas Spinach	Potatoes Squash	Radishes Sweet Potatoes	
			Tomatoes	Turnips Watercress Zucchini	Sweet Potatoes Yams	

Balsamic Vinegar

Rice Vinegar

Apple Cider Vinegar

VINEGARS

Red wine Vinegar

White Vinegar

VINEGARS