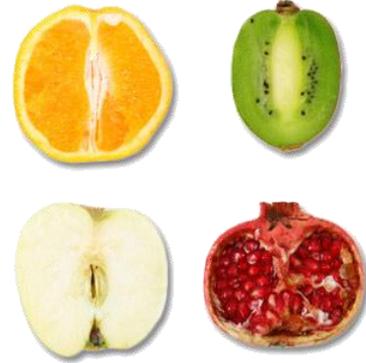


An **alkaline diet** emphasizes **alkaline foods** such as whole fruits and vegetables and certain whole grains, which are low in caloric density. Healthy Alkaline Diet Foods involve the ideal balance between acidifying and alkalizing foods.

The body includes a number of organ systems that are adept at neutralizing and eliminating excess acid, but there is a limit to how much acid even a healthy body can cope with effectively. The body is capable of maintaining an acid-alkaline balance provided that the organs are functioning properly, that a well-balanced alkaline diet is being consumed, and that other acid-producing factors, such as tobacco use, are avoided.



| Highly alkaline | Moderately alkaline | Low alkaline | Very low alkaline |
|------------------|---------------------|---------------------|-------------------|
| baking soda | apples | almonds | alfalfa sprouts |
| chlorella | apricots | apple cider vinegar | avocado oil |
| lemons | arugula | artichokes | banana |
| lentils | asparagus | avocado | beet |
| limes | beans (fresh green) | bell pepper | blueberry |
| mineral water | broccoli | blackberry | brussels sprouts |
| nectarine | cantaloupe | brown rice vinegar | celery |
| onion | carrots | cabbage | chive |
| persimmon | cashews | cauliflower | cilantro |
| pineapple | cayenne | cherry | coconut oil |
| pumpkin seed | chestnuts | collard green | cucumber |
| raspberry | citrus | egg yolks | currant |
| sea salt | garlic | eggplant | duck eggs |
| seaweed | ginger (fresh) | green tea | flax oil |
| spirulina | ginseng tea | herbs | grapes |
| sweet potato | grapefruit | honey (raw) | lettuces |
| tangerine | herbal tea | leeks | oats |
| vegetable juices | herbs (leafy green) | mushrooms | okra |
| watermelon | honeydew | nutritional yeast | olive oil |
| | kale | papaya | orange |
| | kombucha | peach | quinoa |
| | kiwi | pear | raisin |
| | mango | pickles (homemade) | sprouted seeds |
| | mustard green | potato | squashes |
| | olive | pumpkin | strawberry |
| | parsley | quail eggs | sunflower seeds |
| | parsnip | radishes | tempeh |
| | passion fruit | rutabaga | turnip greens |
| | peas | sesame seed | wild rice |
| | pepper | sprouts | |

| Highly alkaline | Moderately alkaline | Low alkaline | Very low alkaline |
|-----------------|---------------------|--------------|-------------------|
| | raspberries | watercress | |
| | soy sauce | | |
| | sweet corn (fresh) | | |
| | turnip | | |

Acidic food chart by degree

| Very low acidic | Low acidic | Moderately acidic | Highly acidic |
|------------------|------------------|---------------------|-------------------------|
| black-eyed peas | aged cheese | basmati rice | artificial sweeteners |
| brown rice | almond oil | chicken | beef |
| butter | balsamic vinegar | coffee | beer |
| canola oil | buckwheat | corn | brazil nuts |
| coconut | cow milk | cottage cheese | bread |
| cream | game meat | cranberry | brown sugar |
| curry | goat milk | egg whites | cocoa |
| dates | kidney beans | fructose | flour (white) |
| dry fruit | lamb | garbanzo beans | fried foods |
| figs | lima beans | green peas | fruit juices with sugar |
| fish | milk | honey (pasteurized) | hazelnuts |
| gelatin | mollusks | ketchup | ice cream |
| goat cheese | navy beans | mussels | jelly |
| grape seed oil | pinto beans | mustard | liquor |
| guava | plum | nutmeg | lobster |
| honey | red beans | oat bran | pasta (white) |
| maple syrup | safflower oil | olives (pickled) | pickles (commercial) |
| pine nuts | semolina | other legumes | processed cheese |
| pumpkin seed oil | sesame oil | palm kernel oil | seafood |
| rhubarb | shellfish | pasta (whole grain) | soft drinks |
| spinach | soy cheese | pastry | soybean |
| string beans | tapioca | peanuts | sugar |
| sunflower oil | tofu | pecans | table salt |
| vinegar | tomatoes | pistachio seeds | walnuts |
| zucchini | turkey | pomegranate | white bread |
| | vanilla | popcorn | white vinegar |
| | wheat | pork | whole wheat foods |
| | white beans | prunes | wine |
| | white rice | rye | yeast |
| | | snow peas | yogurt (sweetened) |
| | | soy milk | |
| | | squid | |
| | | veal | |

Note: a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.