

Acid / Alkaline Food Chart

by qualified nutritionist
Lisa Snowdon

FOOD	HIGH ALKALINE	ALKALINE	LOW ALKALINE	LOW ACID	ACID	HIGH ACID
BEANS VEGETABLES LEGUMES	Onions Raw Spinach Asparagus Parsley Broccoli Garlic Rocket Fresh Herbs Kale	Green Beans Celery Lettuce Zucchini Sweet Potato Chickpeas	Carrots Tomatoes Mushrooms Cabbage Peas Cauliflower Beetroot Olives Tofu	Cooked Spinach Kidney Beans	Potatoes (without skins) Pinto Beans Navy Beans Lima Beans	
FRUIT	Lemons Watermelon Limes Grapefruit Mangoes Papayas Cucumber	Dates Figs Melons Grapes Kiwi Apples Pears Avocado Raisins Capsicum (not green)	Oranges Mandarins Bananas Cherries Peaches Nectarines Strawberries Blackberries Raspberries	Pineapple Blueberries Cranberries Plums	Sour Cherries Rhubarb Canned Fruit	Prunes Sweetened Fruit Juice
CEREALS GRAINS			Basmati Rice Millet Lentils Amaranth	Rye Bread Sprouted Wheat Bread Spelt	White Rice Corn Oats Rye	Wheat White Bread Pastries Biscuits

			Sweetcorn Wild Rice Quinoa	Brown Rice Buckwheat		Pasta White Flour
MEAT FISH				Liver Oysters Venison Cold Water Fish	Turkey Chicken Lamb	Beef Pork Shellfish
EGGS DAIRY			Soy Cheese Soy Milk Goat Milk Goat Cheese Whey	Eggs Butter Yoghurt Buttermilk Cottage Cheese Cream	Raw Milk	Cheese Homogenised Milk Ice Cream Custard
NUT SEEDS		Soaked Almonds	Chestnuts Brazils Hazelnuts Coconut	Pumpkin Sesame Sunflower Seeds	Pecans Cashews Pistachios	Peanuts Walnuts
OILS	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil Sunflower Oil Margarine Lard		
BEVERAGES	Herb Teas Lemon Water Alkalised Water Chlorophyll Water	Green Tea	Ginger Tea	Tea Cocoa	Coffee Wine	Beer Liquor Soft Drink
SWEETENERS CONDIMENTS OTHER	Stevia Cayenne Pepper	Maple Syrup Rice Syrup Cider Vinegar Cinnamon Ginger Chilli Sea Salt	Raw Honey Raw Sugar Miso Tamari Curry Spices	Processed Honey	White Sugar Brown Sugar Molasses Jam Ketchup Mayonnaise Mustard Vinegar	Artificial Sweeteners Chocolate Yeast Cigarettes Recreational Drugs