

Acid/Alkaline Forming Food Chart

Acidic

Alkaline

Commonly Consumed Foods (but not always recommended!)

1.0 (ph)	2.0	3.0	4.0	5.0	6.0	6.0	6.0	7.0
Refined Salt	Buckwheat	<i>Cranberries</i>	Sauerkraut	Cherries	Teas	Asparagus	Apples	Lemons
White Sugar	Rice	<i>Blueberries</i>	Quinoa	Carob		Carrots	Apricots	Watermelons
Coffee	Cheese	<i>Plums</i>	Spices	Olives	Peas	Celery	Avocadoes	Cantaloupe
Turkey	Eggs	Prunes	Potatoes	Broccoli	Ginger	Chard	Bananas	Mangoes
Pork	Peanuts	Pumpkin Seeds	Coconuts	String Beans	Garlic	Dandelion	Berries	Melons
Beef	Butter	Most Beans	Corn	Cucumbers	Honey (raw)	Bell Pepper	Dates	Papaya
Chicken	Pastas	Honey (heated)	Oils	Eggplant	Seeds (sprouted)	Lettuce	Figs	Kelp
Fish	Oatmeal	Popcorn	Molasses	Mushrooms	Chia	Spinach	Green Grapes	Parsley
Pasta		Goat's Milk	Soy Sauce	Onions		Kale	Oranges	Wheat Grass
Breads		Most Nuts	Yeasts	Tomatoes		Alfalfa	Strawberries	Cayenne

Foods NOT Fit for Human Consumption

1.0 (ph)	2.0	3.0	4.0	5.0	6.0	6.0	7.0	7.5
Tobacco	Beer	Mayonnaise	Margarine	Probiotics	Soybeans	Gelatin		
Sodas	Wine	Cooked Tomatoes	Whey	Yogurt				

Emotions, Experiences and Other Items

Worry	Anger	Gossip	Cosmetics	<i>Exercise</i>		Cold Air	Pleasure	Laughter	Happiness
Hate	Envy	Fear	Trauma	<i>Sunlight</i>		Walking	Yoga	Rest	Sleep

Italics indicate items that are still good yet are categorized as more acidic.