

Acid Base Chart

| FOOD CATEGORY | Most Alkaline | Alkaline | Lowest Alkaline | Lowest Acid | Acid | Most Acid |
|---|---|--|---|--|---|--|
| SWEETENERS | Stevia | Maple Syrup, Rice Syrup | Raw Honey, Raw Sugar | Processed Honey, Molasses | White Sugar, Brown Sugar | NutraSweet, Equal, Aspartame, Sweet 'N Low |
| FRUITS | Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas | Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados | Plums, Processed Fruit Juices | Sour Cherries, Rhubarb | Blackberries, Cranberries, Prunes |
| BEANS VEGETABLES LEGUMES | Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob | Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu | Cooked Spinach, Kidney Beans, String Beans | Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans | Chocolate |
| NUTS SEEDS | | Almonds | Chestnuts | Pumpkin Seeds, Sunflower Seeds | Pecans, Cashews | Peanuts, Walnuts |
| OILS | Olive Oil | Flax Seed Oil | Canola Oil | Corn Oil | | |
| GRAINS CEREALS | | | Amaranth, Millet, Wild Rice, Quinoa | Sprouted Wheat Bread, Spelt, Brown Rice | White Rice, Corn, Buckwheat, Oats, Rye | Wheat, White Flour, Pastries, Pasta |
| MEATS | | | | Venison, Cold Water Fish | Turkey, Chicken, Lamb | Beef, Pork, Shellfish |
| EGGS DAIRY | | Breast Milk | Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey | Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese | Raw Milk | Cheese, Homogenized Milk, Ice Cream |
| BEVERAGES | Herb Teas, Lemon Water | Green Tea | Ginger Tea | Tea | Coffee | Beer, Soft Drinks |