



Comprehensive Printable Alkaline and Acidic Food List

There are many different alkaline and acidic food lists floating around on the internet on various different sites, most of which are erroneous and not very easy to read or to understand exactly what are the alkaline forming foods and what are the acidic forming foods. Well, here is a comprehensive alkaline and acidic food list that you can download and print for your reference.

Easy to Follow Alkaline & Acidic Food List

Here is the alkaline and acidic foods list. You can save these on your computer for printing. Put this list on your fridge door and take shopping, for easy reference.

For optimum health, it is recommended that your diet consists of the following proportions, although any shifts in diet towards more alkaline foods are good, no matter how small:

- 70% Alkaline Foods**
- 20% Neutral/Moderately Acidic Foods**
- 10% Acidic Foods (naughty indulgences!)**

Acid & Alkaline Foods List

Alkaline Foods		Neutral / Moderately Acidic Foods		Very Acidic Foods	
Vegetables	Turnips	Vegetables	Oils & Fats	<p>NOTE: ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy & frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream & bread</p> <p>Vegetables Pickled, Frozen & Canned Vegetables</p> <p>Fruits Tinned, sugared fruits</p> <p>Oils & Fats All Cooked, Processed or Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats</p> <p>Grasses & Sprouts All Sprouts Are Alkaline</p>	
Artichokes	Watercress	Black Olives	Sunflower Oil		
Asparagus	Wheatgrass	Mushrooms	Avocado Oil		
Bamboo Shoots	Wild Greens		Coconut Oil		
Broccoli	Dandelion Root	Fruits	Flax Oil		
Beetroots	Zucchini/Courgette	Fresh fruits are alkaline but	Hemp Seed Oil		
Bell Peppers		need to be eaten on their own or at least	Olive Oil		
Brussels Sprouts	Fruits	first before any other food. If combined with	Safflower Oil		
Cabbages	Avocados	fats and proteins, they ferment, causing indigestion and acidity.	Sesame Oil		
Carrots	Grapefruits		(Use refined oils in VERY small quantities, or not at all)		
Cauliflowers	Lemons				
Celery	Limes				
Chard	Tomatoes				
Chayote	<i>(all above are most alkaline fruits)</i>				
Chicory	Acai Berry				
Chives	Apples				
Collard Greens	Apricots				
Cucumbers	Bananas				
Dandelions	Berries				
Dills	Cherries				
Eggplant	Coconuts				
Endives	Cranberries				
Garlic	Currants				
Green Beans	Dates				
Green Olives	Figs				
Green Peas	Goji Berries				
Greens (leafy)	Gooseberries				
Horseradishes	Grapes				
Kale	Mangos				
Kelp	Melons				
Leeks	Nectarines				
Lettuces	Oranges				
Mustard Greens	Papayas				
Okra	Peaches				
Onions	Pears				
Oyster plants	Pineapples				
Parsley	Plums				
Parsnips	Pomegranates				
Peas (fresh)	Prunes				
Potatoes	Raisins				
Radishes	Raspberries				
Rutabagas	Rhubarb				
Sea Veggies	Other Tropical fruits –				
Spinach	e.g Durian, Jackfruit,				
Sprouts (all)	Rambutan, Lychees,				
Squash	Mangosteen, Egg				
Sweet Potatoes	Fruit, Snake Fruit				
Sweetcorn					

Alkaline Foods		Neutral / Moderately Acidic Foods		Acidic Foods	
Grains, Cereals & Breads Amaranth Buckwheat Kamut Millet Quinoa Spelt Sprouted Breads Sprouted Tortillas Yeast-Free Breads Dehydrated flax seed crackers Sweets & Desserts None Beans & Legumes All moderately acidic Drinks Alkaline Water Barley Grass Juice Coconut Water Fresh Lemon & Lime Water Fresh Veg Juices Green Drinks Green Tea Herbal Tea Wheatgrass Juice	Diary & Meat None Condiments & Spices (Unfermented Soy) Almond Butter Bee Pollen Bragg Aminos Chili Pepper Cinnamon Curry Powders Ginger Guacamole (fresh made) Herbs (all) Houmous Lemon Juice Lime Juice Sea Salt Spices (most) Oriental Vegetables Daikon Kombu Maitake Nori Reishi Sea Vegetables Shitake Umeboshi Wakame	Grains, Cereals & Breads Brown Rice Bulgar Wheat Home Made / Minimally Processed Breads Oats Wholegrain Pasta Sweets & Desserts Agave Honey Lo Han Guo Stevia Beans & Legumes Black Beans Canned Beans (Chick Peas) Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Red Beans Soy Beans White Beans Nuts & Seeds Almond Butter Almonds Brazil Nuts Caraway Seeds Cashews Cumin Seeds Fennel Seeds Hazel Nuts Hemp Seeds Peanuts Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Drinks Tap, Bottled,	Carbonated & Unfiltered Water Pasteurised Fruit & Tomato Juice Kombucha Tea Diary & Meat Quorn (meat substitute) Tofu Whey (Raw) Yogurt (Organic Fresh) Condiments & Spices Apple Cider Vinegar Miso Tahini Spices (hot)	Grains, Cereals & Breads Barley Bran, oat Bran, wheat Bread Corn Corn Chips Cornstarch Crackers Flour Granola Noodles Pasta Processed Grains Rice Cakes Rye Spaghetti Wheat Germ White Rice Wheat Cous Cous Sweets & Desserts ALL Sugar, Sugar Products & Artificial Sweeteners Beans & Legumes All moderately acidic Nuts & Seeds All salted are moderately acidic	Drinks Alcohol Black Tea Cocoa Coffee Energy Drinks Milk Soda Dairy & Meat ALL products – including chicken, beef, pork, lamb, fish, cheese, milk, yoghurt, eggs Condiments & Spices Fermented Sauces Jams & Preserves Mayonnaise Soy Sauce Sweet Chilli Sauce Tomato Ketchup Vinegar