

## Acid-Alkaline Food Chart

This is a compilation of various acid-alkaline food charts. The goal is to eat 80% alkaline and 20% acid foods. The Acid-Alkaline Food Guide by Dr. Susan E. Brown is a more comprehensive book on acid-alkaline food values.

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Most Acid	Acid	Lowest Acid	Item	Lowest Alkaline	Alkaline	Most Alkaline
Corn syrup	White Sugar, Brown Sugar, NutraSweet, Equal, Aspartame,	Processed Honey, Maple Syrup, Stevia	SWEETENERS	Rice Syrup,	Molasses, Agave Syrup	
	Cranberries, Sour Cherries, Rhubarb	Plums, Dates, Figs, Prunes, Processed Fruit Juices	FRUIT	Oranges, Bananas, Cherries, Peaches, Avocados	Lemon, Melons, Grapes, Papaya, Blueberries, Apples, Pears, Raisins	Pineapple, Blackberries, Watermelon, Melons, Limes, Grapefruit, Mangos, Papaya, Kiwi
Soybeans, Tofu	Corn, Pinto Beans, Navy Beans, Lima Beans	Tomatoes, Spinach, Kidney Beans, String Beans, Swiss Chard, Peas	VEGETABLES LEGUMES	Carrots, Cucumber, Edamame,- Fresh Corn, Mushrooms, Cabbage, Peas,	Garlic, Artichoke, Okra, Squash, Potatoes, Beets, Lettuce, Zucchini, Carob, Lentils	Asparagus, Kelp, Onions, Kale, Celery, Vegetable Juices, Parsley, Jalapeno, Radish, Sweet Potato, Ginger
Walnuts, Hazel Nuts, Soy Nuts	Peanuts, Pecans,	Chia Seeds, Hemp Seeds	NUTS SEEDS	Sunflower Seeds, Sesame Seeds, Macadamia Nuts, Flax	Almonds, Cashews, Cumin Seeds,	Pumpkin Seeds, Chestnuts,
		Corn, Safflower, Soybean	OILS	Canola, Olive, Coconut	Flaxseed, Avocado	
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye, Barley	Sprouted Wheat Bread, Spelt, Brown Rice, Millet	GRAINS, CEREALS	Amaranth, Wild Rice, Quinoa, Oatmeal, Oat Flour		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Eggs, Cheese, Soy Milk, Homogenized Milk, Ice Cream	Raw Milk, Buttermilk, Rice Milk	Butter, Yogurt, Cottage Cheese, Goats Milk,	EGGS, DAIRY, MILK	Goat Cheese, Whey	Coconut Milk, Almond Milk	
Beer, Wine, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea, Herbal Teas	Green Tea	Lemon Juice