

# Acid-Alkaline Food List (Lightly Restricted)

## Vegetables

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
Barley grass	Artichoke	Bamboo shoots	Corn
Broccoli	Asparagus	Pea (fresh or frozen)	Gherkin, pickled
Cucumber	Pepper	Silverbeet, cooked	Pickled vegetables
Dark leafy greens, raw	Cauliflower		
Kale, raw	Chicory		
Rocket	Chinese greens		
Spinach, raw	Eggplant		
Snow pea sprouts	Endive		
Watercress	Marrow		
Wheatgrass juice	Mushroom		
	Olive		
	Onion		
	Parsnip		
	Pumpkin		
	Radish		
	Snow pea		
	Baby squash		
	Turnip		
	Yam		
	Zucchini		

## Fruits

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
Grapefruit	Apricot, dried	Apples	Blackcurrant
Lemon	Avocado	Apricot, raw	Blackthorn berry
Lime	Banana, sugar variety	Berries, most of them	Kiwi fruit
	Date, dried	Cherry	Mandarin
	Raisins	Dried fruits	Orange
	Tomato, raw	Figs	Mulberry
		Grape	Nectarine
		Mango	Pineapple
		Persimmon	
		Plum	
		Pomegranate	
		Prune	
		Raspberry	
		Strawberry	
		Tomato, cooked	
		Watermelon	

## Carbohydrates

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
		Amaranth	Corn

		Cous cous (semolina, durum wheat)	Corn, any associated products
		Cracked wheat	Millet
		Muesli	Pasta, white, wheat
		Pumpernickel	Processed wheat cereals
		Sago, tapioca	White rice, jasmine
		Wholegrain wheat bread	White bread
			Flour, white
			Yeast breads

## Protein

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
	Butter, pure and unheated	Anchovy	Beef
	Buttermilk, fresh	Broad bean	Butter, heated
	Egg yolk	Milk, dairy	Cheese
	Ghee	Yoghurt, plain and organic	Fish, pickled or smoked
	Whey	Tempeh	Ice-cream
		Tuna, canned in olive oil	Kefir
			Lobster
			Meat pies
			Peanut
			Pork, ham, bacon
			Processed deli meats
			Sausages
			Yoghurt, sweetened, fruit

## Flavourers

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
Apple cider vinegar	Cinnamon	Hydrolysed vegetable protein	Artificial sweetener
	Ginger	Jams	Chewing gum, candy
	Herbs, other	Licorice	Chocolate
	Spices, all	Molasses	Gravy
	Curry powder and curry paste	Soy sauce	Mayonnaise
		Stock cubes	Meat extracts
		Tamari sauce	Mustard
		Honey	Salt, commercial
			Sugar
			Tomato paste, ketchup
			Vinegar, other types

## Beverages

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
Green detox powder supplements	Almond milk	Beer	Alcohol: all
Liquid chlorophyll	Herbal teas (not green tea)	Fruit juice	Black tea
	Vegetable juice, packaged	Green tea	Chocolate drinks
		Milk, dairy	Coffee
		Mineral water, carbonated, no flavour	Cordial
		Tomato juice and soup	Dried soup mixes
			Soft drinks
			Tap water

## Nuts, oils

<b>Strongly Alkalizing</b>	<b>Alkalizing</b>	<b>Acidifying</b>	<b>Strongly Acidifying</b>
	Almonds	Canola oil	Hazelnuts
	Almond milk	Cashews, roasted	Hydrogenated fats
	Almond oil	Coconut	Lard
	Brazil nuts	Oils, cold pressed, extra virgin when heated	Margarine
	Butter, pure	Pine nuts	Peanuts
	Oils, cold pressed, extra virgin unheated	Poppy seed	Pecan
	Flaxseeds	Sesame seeds	Pistachio nuts
	Flaxseed oil		Pumpkin seeds
	Olive oil, extra virgin		Sunflower seeds
			Walnuts