

Alkalisising Food Chart

Vegetables		Fruits		Protein	Misc
Alfalfa	Daikon Radish	Apple	Rhubarb	Almonds	Bee Pollen
Asparagus	Green Peas	Apricot	Strawberries	Chestnuts	Kombucha
Barley Grass	Kale	Avocado	Tangerine	Flax seeds	Lecithin Granules
Fennel	Kohlrabi	Banana (ripe)	Tomato	Hazelnuts	Molasses
Beets	Kombu	Blackberries	Tropical Fruits	Millet	Probiotic Cultures
Broccoli	Leeks	Blackcurrants	Watermelon	Pumpkin seeds	
Brussel Sprouts	Lettuce	Cherries	Sweeteners	Soy beans	
Cabbage	Mushrooms	Coconut (fresh)	Honey	Spouted seeds	
Capsicums	Mustard Greens	Currants	Stevia	Squash seeds	
Fermented Vegetables	Nightshade Vegetables	Dates/Figs	Spices/Seasonings	Sunflower seeds	
Carrot	Nori	Goji Berries	Apple cider vinegar	Tempeh	
Cauliflower	Onions	Grapefruit	Basil	Tofu	
Celery	Parsnips	Grapes	Cayenne	Fats & Oils	
Chard	Peas	Honeydew Melon	Chilli	Coconut Oil	
Chicory	Potatoes	Kiwi Fruit	Chives	Evening Primrose Oil	
Chives	Pumpkin	Lemon	Cinnamon	Fish Oils	
Chlorella	Radish	Lime	Curry	Flaxseed Oil	
Collard Greens	Rocket	Mango	Ginger	Beverages	
Garlic	Sauerkraut	Nectarine	Herbs (all)	Cacao	
Cucumber	Sea Vegetables	Orange	Lemon Juice	Dandelion Tea	
Dulce	Spinach	Peach	Miso	Fruit juice (pure)	
Dandelions	Swede	Pear	Mustard	Ginseng Tea	
Edible Flowers	Tomatoes	Pineapple	Parsley	Green Tea	
Eggplant	Zucchini	Umeboshi Plums	Sea salt	Herbal Tea	
Gherkin, pickled		Raisins	Tamari	Mineral Water	
Green Beans		Raspberries	Turmeric	Vegetable Juice (pure)	

Acidifying Food Chart

Protein		Grains	Sweeteners
Beef	Shellfish	Amaranth	Barley Malt
Chicken	Shrimp	Barley	Brown Rice Syrup
Clams	Trout	Bread	Carob
Cod	Tuna	Buckwheat	Corn Fructose
Corned Beef	Turkey	Corn	Fructose
Duck	Veal	Cornstarch	Dairy
Eggs	Venison	Cornflakes	Butter
Fish	Nuts	Crackers	Buttermilk
Frankfurts	Cashews	Flour	Chees
Goose	Hemp Seeds	Kamut	Chocolate
Herring	Peanuts	Macaroni	Cream
Lamb	Pecans	Millet	Ice-cream
Liver	Pistachios	Noodles	Milk
Lobster	Tahini	Oats	Quark
Luncheon Meats	Walnuts	Pasta	Yoghurt
Mussels	Beans & Legumes	Pumpernickel	Beverages
Organ Meats	Black Peans	Quinoa	Beer
Oyster	Chickpeas	Rice	Carbonated Drinks
Pork	Green Peas	Rice Cakes	Coca-Cola
Prawns	Kidney Beans	Rusk	Coffee
Rabbit	Lentils	Rye	Cordials
Salami	Lima Beans	Spelt	Liquor
Salmon	Pinto Beans	Wheat	Soft Drinks
Sardines	Red Beans	Misc	Spirits
Sausages	White Beans	Tomato Sauce	Tea (non-herbal)
Scallops		Mustard	

The ideal diet contains
80% alkalising foods
and
20% acidifying foods.