

Acid/Alkaline Food Chart

Alkaline Foods		Acid Foods	
<p>Alkaline Vegetables</p> <p>Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Courgette Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Cucumber Broccoli Kale Brussels Sprouts</p>	<p>Fruits</p> <p>Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb</p>	<p>Meats</p> <p>Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon)</p>	<p>Dairy Products</p> <p>Milk Eggs Cheese Cream Yogurt Ice Cream</p>
	<p>Drinks</p> <p>'Green Drinks' Fresh vegetable juice Pure water (spring, distilled or ionised) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Almond Milk</p>	<p>Others</p> <p>Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey</p>	<p>Drinks</p> <p>Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea</p>
	<p>Seeds, Nuts & Grains</p> <p>Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed</p>	<p>Convenience Foods</p> <p>Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food</p>	<p>Fats & Oils</p> <p>Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil</p>