# ALKALINE FORMING VS ACID FORMING FOOD GUIDE

## ALKALIZING VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
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</thead>
<tbody>
<tr>
<td>Alfalfa Barley Grass Beet</td>
<td>Dandelions Dulce</td>
<td>Mustard Greens</td>
<td>Spinach, green</td>
</tr>
<tr>
<td>Greens Beets</td>
<td>Edible Flowers</td>
<td>Nightshade Veggies</td>
<td>Spirulina</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Eggplant</td>
<td>Onions</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Fermented Veggies</td>
<td>Parsnips (high glycemic)</td>
<td>Sweet</td>
</tr>
<tr>
<td>Carrot</td>
<td>Garlic</td>
<td>Peas</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Green Beans Green Peas</td>
<td>Peppers</td>
<td>Tomatoes</td>
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<tr>
<td>Celery Chard Greens</td>
<td>Kale</td>
<td>Pumpkin</td>
<td>Watercress</td>
</tr>
<tr>
<td>Chlorella</td>
<td>Kohlrabi</td>
<td>Radishes</td>
<td>Wheat Grass</td>
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<tr>
<td>Collard Greens</td>
<td>Lettuce</td>
<td>Rutabaga</td>
<td>Wild Greens</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Mushrooms</td>
<td>Sea Veggies</td>
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## ALKALIZING ORIENTAL VEGETABLES

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<tr>
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<tbody>
<tr>
<td>Daikon</td>
<td>Dandelion Root</td>
<td>Kombu</td>
<td>Maitake</td>
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<tr>
<td>Dandelion</td>
<td>Kelp</td>
<td>Nori</td>
<td>Reishi</td>
</tr>
<tr>
<td>Root</td>
<td></td>
<td></td>
<td>Shitake</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Umeboshi Wakame</td>
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## ALKALIZING FRUITS

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Fruit</th>
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<th>Fruit</th>
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<tbody>
<tr>
<td>Apple</td>
<td>Dates, dried</td>
<td>Peach</td>
<td>Umeboshi Plums</td>
</tr>
<tr>
<td>Apricot</td>
<td>Figs, dried</td>
<td>Pear</td>
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</tr>
<tr>
<td>Avocado</td>
<td>Grapes</td>
<td>Pineapple</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Banana (high glycemic)</td>
<td>Grapefruit</td>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td>Honeydew Melon</td>
<td>Raspberries</td>
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</tr>
<tr>
<td>Blackberries</td>
<td>Lemon</td>
<td>Rhubarb</td>
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</tr>
<tr>
<td>Cantaloupe</td>
<td>Lime</td>
<td>Strawberries</td>
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<tr>
<td>Cherries, sour</td>
<td>Muskmelons</td>
<td>Tangerine</td>
<td></td>
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<tr>
<td>Coconut, fresh</td>
<td>Nectarine</td>
<td>Tomato</td>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>Currants</td>
<td>Orange</td>
<td>Tropical Fruits</td>
<td></td>
</tr>
</tbody>
</table>
ALKALINE FORMING VS ACID FORMING FOOD GUIDE

ALKALIZING PROTEIN

- Almonds
- Chestnuts
- Millet Tempeh (fermented)
- Tofu (fermented)
- Whey Protein Powder

ALKALIZING SWEETENERS

- Stevia

ALKALIZING SPICES & SEASONINGS

- Chili Pepper
- Cinnamon
- Curry
- Ginger
- Herbs (all)
- Miso
- Mustard
- Sea Salt
- Tamari

ALKALIZING OTHER

- Alkaline Antioxidant Water
- Apple Cider Vinegar
- Bee Pollen
- Fresh Fruit Juice
- Green Juices
- Lecithin Granules
- Mineral Water
- Molasses, blackstrap
- Probiotic Cultures
- Soured Dairy Products
- Veggie Juices

ALKALIZING MINERALS

- Calcium: pH 12
- Cesium: pH 14
- Magnesium: pH 9
- Potassium: pH 14
- Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

A food’s acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself.

For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.
# Alkaline Forming vs Acid Forming Food Guide

## Acidifying Vegetables
- Corn
- Lentils
- Olives
- Winter Squash

## Acidifying Fruits
- Blueberries
- Canned or Glazed Fruits
- Cranberries
- Currants
- Plums
- Prunes

## Acidifying Grains, Grain Products
- Amaranth
- Barley
- Bran, oat
- Bran, wheat
- Bread
- Corn
- Cornstarch
- Crackers, soda
- Flour, wheat
- Flour, white
- Hemp Seed Flour
- Kamut
- Macaroni
- Noodles
- Oatmeal
- Oats (rolled)
- Quinoa
- Rice (all)
- Rice Cakes
- Rye
- Spaghetti
- Spelt
- Wheat Germ
- Wheat

## Acidifying Beans & Legumes
- Almond Milk
- Black Beans
- Chick Peas
- Green Peas
- Kidney Beans
- Lentils
- Pinto Beans
- Red Beans
- Rice Milk
- Soy Beans
- Soy Milk
- White Beans

## Acidifying Dairy
- Butter
- Cheese
- Cheese, Processed
- Ice Cream
- Ice Milk
<table>
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<tr>
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</table>

### ACIDIFYING NUTS & BUTTERS
- Cashews
- Legumes
- Peanut Butter
- Peanuts
- Pecans
- Tahini
- Walnuts

### ACIDIFYING ANIMAL PROTEIN
- Bacon
- Beef
- Carp
- Clams
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork
- Rabbit
- Salmon
- Sardines
- Sausage
- Scallops

### ACIDIFYING FATS & OILS
- Avocado Oil
- Butter
- Canola Oil
- Corn Oil
- Flax Oil
- Hemp Seed Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

### ACIDIFYING SWEETENERS
- Carob
- Corn Syrup
- Sugar

### ACIDIFYING ALCOHOL
- Beer
- Hard Liquor
- Spirits
- Wine
# Alkaline Forming vs Acid Forming Food Guide

## Acidifying Other Foods
- Catsup
- Cocoa
- Coffee
- Mustard
- Pepper
- Soft Drinks
- Vinegar

## Acidifying Junk Food
- Beer: pH 2.5
- Coca-Cola: pH 2
- Coffee: pH 4

## Acidifying Drugs & Chemicals
- Aspirin
- Chemicals
- Drugs, Medicinal
- Drugs, Psychedelic
- Herbicides
- Pesticides
- Tobacco

## Neutral
- Brazil Nuts
- Brussel Sprouts
- Buckwheat
- Cashews
- Chicken
- Corn
- Cottage Cheese
- Eggs
- Flax Seeds
- Green Tea
- Herbal Tea
- Honey
- Kombucha
- Lima Beans
- Maple Syrup
- Milk
- Nuts
- Organic Milk (unpasteurized)
- Potatoes, white
- Pumpkin Seeds
- Quinoa
- Sauerkraut
- Soy Products
- Sprouted Seeds
- Squashes
- Sunflower Seeds
- Tomatoes Yogurt

**These foods leave an alkaline ash but have an acidifying effect on the body.
### Most Alkaline to Most Acidic Foods

#### Extremely Alkaline

- Lemons, watermelon.

#### Alkaline Forming

- Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress. Asparagus, fruit juices, grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

#### Moderately Alkaline

- Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable). Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower (fresh), grapes (sour), lettuce (pale green), oranges, peaches (sugar), peas (fresh, sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

#### Slightly Alkaline

- Almonds, artichokes (Jerusalem), Brussels sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice). Chestnuts (dry, roasted), egg yolks (soft cooked), essene bread, goat’s milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

#### Neutral

- Almonds, artichokes (Jerusalem), Brussels sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice). Chestnuts (dry, roasted), egg yolks (soft cooked), essene bread, goat’s milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).
### Categories of Alkaline and Acid Forming Foods

#### Moderately Acidic

- Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat’s milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized), Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

#### Extremely Acidic

- Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb, liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

### Most Alkaline to Most Acidic Foods

#### Vegetables


#### Fats & Oils

- Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil.
# Most Alkaline to Most Acidic Foods

## Fruits

- Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon.

## Protein


## Other

- Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggies Juices, Fresh Fruit Juice, Organic Milk (unpasteurized), Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Ban Chi Tea, Kombucha

## Sweeteners

- Stevia, Ki Sweet.

## Spices/Seasonings

- Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, All Herbs.

## Grains

- Rice Cakes, Wheat Cakes, Amaranth, Barley, Buckwheat, Corn, Oats (rolled), Quinoa, Rice (all), Rye, Spelt, Kamut, Wheat, Hemp Seed, Flour.

## Dairy


## Nuts & Butters

- Cashews, Brazil Nuts, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts.

## Animal Protein

- Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison.

## Pasta (White)

- Noodles, Macaroni, Spaghetti.

## Other

- Distilled Vinegar, Wheat Germ, Potatoes.

## Drugs & Chemicals

MOST ALKALINE TO MOST ACIDIC FOODS

ALKALINE FOODS

MEDITATION, PRAYER, PEACE, KINDNESS & LOVE

EXTRAORDINARILY ALKALINE FORMING FOODS

PH 8.5-9.0

- 9.0
  Lemons 1, Watermelon 2

- 8.5
  Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds Asparagus 6, Endive, Kiwi-fruit, Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices 8

ORIENTAL VEGETABLES

- Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori, Umeboshi, Wakame, Sea Veggies.

ACIDIC FOODS

ALCOHOL


BEANS & LEGUMES


ACIDIC FOODS

EXTREMELY ACID FORMING FOODS

PH 5-5.5

- 5.0
  Artificial sweeteners

- 5.5
  Beef, Carbonated soft drinks & fizzy drinks 38, Cigarettes (tailor made), Drugs, Flour (white, wheat) 39, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) 40, Beer 34, Brown sugar 35, Chicken, Deer, Chocolate, Coffee 36, Custard with white sugar, Jams, Jellies, Liquor 37, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).
ALKALINE: Meditation, Prayer, Peace, Kindness & Love

MODERATE ALKALINE

PH 7.5 TO 8.0

8.0
Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, Flour 10, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12, Spinach.

7.5
Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage; Cauliflower, Carob 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash 14, Sweet corn (fresh), Tamari 15, Turnip, Vinegar (apple cider) 16.

SLIGHTLY ALKALINE - NEUTRAL

PH 7.5 TO 8.0

Almonds 17, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussels Sprouts, Cherries, Coconut (fresh), Cucumbers, Eggplant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe 18, Onions, Pickles 19, (home made), Radish, Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) 31, Nutmeg, Mustard,}

ACID: Overwork, Anger, Fear, Jealousy & Stress

MODERATE ACID

PH 6.0 TO 6.5

6.0
Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods 32, Wine 33, Yogurt (sweetened).

6.5
Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic).

SLIGHTLY ACID - NEUTRAL

PH 7.0

Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries 30, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) 31, Nutmeg, Mustard,
**ALKALINE AND ACID FORMING FOODS WITH PH NUMBERS**

**ALKALINE:**
*Meditation, Prayer, Peace, Kindness & Love*

**SLIGHTLY ALKALINE - NEUTRAL**
*PH 7.5 TO 8.0*

- Sea salt
- Spices
- Taro, Tomatoes (sweet)
- Vinegar (sweet brown rice)
- Water Chestnut
- Amaranth
- Artichoke (globe)
- Chestnuts (dry roasted)
- Egg yolks (soft cooked)
- Essene bread
- Goat’s milk and whey (raw)
- Horseradish
- Mayonnaise (home made)
- Millet
- Olive oil
- Quinoa
- Rhubarb
- Sesame seeds (whole)
- Soy beans (dry)
- Soy cheese
- Soy milk
- Sprouted grains
- Tempeh
- Tofu
- Tomatoes (less sweet)
- Yeast (nutritional flakes)

**ACID:**
*Overwork, Anger, Fear, Jealousy & Stress*

**SLIGHTLY ACID - NEUTRAL**
*PH 7.0*

- Pistachios
- Popcorn & butter (plain)
- Rice or wheat crackers (unrefined)
- Rye (grain)
- Rye bread (organic sprouted)
- Seeds (pumpkin & sunflower)
- Walnuts
- Blueberries
- Brazil nuts
- Butter (salted)
- Cheeses (mild & crumbly)
- Crackers (unrefined rye)
- Dried beans (mung, adzuki, pinto, kidney, garbanzo)
- Dry coconut
- Egg whites
- Goats milk (homogenized)
- Olives (pickled)
- Pecans
- Plums
- Spelt

**NEUTRAL**
*PH 7.5 TO 8.0*

HEALTHY BODY SALIVA PH RANGE IS BETWEEN 6.4 TO 6.8 (ON YOUR PH TEST STRIPS)

- Butter (fresh unsalted)
- Cream (fresh and raw)
- Margarine
- Milk (raw cow’s)
- Oils (except olive)
- Whey (cow’s)
- Yogurt (plain)
These pH charts are intended only as a general guide to alkaline versus alkaline forming foods. This information is from Dr. Ray Morgan’s collection of nutrition books and charts from a Mayo Clinic diet manual and also from Dr. Ray Morgan’s personal observations.

**Reference:** Author House, 2011. Print. Web. Food for Thought: 25 Ways to Protect Yourself from Disease and Promote Excellent Health by Dr Ray Morgan, OMD, PH.D.