

ALKALIZING VEGETABLES Source:  
<http://www.rense.com/1.mpicons/acidalka.htm>

Slightly alkaline foods are better for your immune system than acidic foods. Please see the source for recommendations about the best percentages of acidic and alkaline foods to.

Beet Greens  
Beets  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard Greens  
Collard Greens  
Cucumber  
Eggplant  
Garlic  
Green Beans  
Green Peas  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Nightshade Veggies  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Radishes  
Rutabaga  
Sea Veggies  
Spinach, green  
Spirulina  
Sprouts  
Sweet Potatoes  
Tomatoes  
Watercress  
Wheat Grass  
Wild Greens

#### ALKALIZING ORIENTAL VEGETABLES

Daikon  
Dandelion Root  
Kombu  
Maitake

Nori  
Reishi  
Shitake  
Umeboshi  
Wakame

#### ALKALIZING FRUITS

Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Raisins  
Raspberries  
Rhubarb  
Strawberries  
Tangerine  
Tomato  
Tropical Fruits  
Umeboshi Plums  
Watermelon

#### ALKALIZING PROTEIN

Almonds  
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  
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

Whether a food is acidic or alkaline in the colon is not the same as before it is eaten and digested.

# Acidic foods

## ACIDIFYING VEGETABLES

Corn  
Lentils  
Olives  
Winter Squash

## ACIDIFYING FRUITS

Blueberries  
Canned or Glazed Fruits  
Cranberries  
Currants  
Plums\*\*  
Prunes\*\*

## ACIDIFYING GRAINS, GRAIN PRODUCTS

Barley  
Bran, oat  
Bran, wheat  
Bread  
Corn  
Cornstarch  
Crackers, soda  
Flour, wheat  
Flour, white  
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

## ACIDIFYING NUTS & BUTTERS

Cashews  
Legumes  
Peanut Butter  
Peanuts  
Pecans  
Tahini  
Walnuts

## ACIDIFYING ANIMAL PROTEIN

Bacon  
Beef  
Carp  
Clams  
Corned Beef  
Fish  
Lamb  
Lobster  
Mussels  
Organ Meats  
Oyster  
Pork  
Rabbit  
Salmon  
Sardines  
Sausage  
Scallops  
Shellfish  
Shrimp  
Tuna  
Turkey  
Veal  
Venison

## 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

## ACIDIFYING OTHER FOODS

Catsup  
Cocoa  
Coffee  
Mustard  
Pepper  
Soft Drinks  
Vinegar

## ACIDIFYING DRUGS & CHEMICALS

Aspirin  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Herbicides  
Pesticides  
Tobacco

## ACIDIFYING JUNK FOOD

Beer: pH 2.5  
Coca-Cola: pH 2  
Coffee: pH 4