

Alkaline & Acidic Foods

Use this alkaline and acidic foods list to reduce inflammation, boost immunity, increase energy, balance digestion and weight. During the spring and summer, one's diet should be 80% alkaline and 20% acidic. During the winter, one's diet should be 70% alkaline and 30% acidic.

Alkaline Foods List

VEGETABLES

Alfalfa sprouts
Beets & greens
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Corn, fresh
Cucumbers
Dulse
Garlic
Ginger
Green beans
Green peas
Kale
Kelp
Leaf lettuce
Mushrooms
Mustard greens
Okra
Onions
Parsley
Peppers
Potatoes
Parsnips
Radishes
Rhubarb
Sauerkraut
Spinach
Squash
Sweet Potatoes
Turnip greens
Tomatoes
Watercress
Yams

FRUIT

Apples
Apricots
Avocado
Bananas
Blackberries
Blueberries
Cherries
Dates
Figs, fresh & dried
Grapefruit
Grapes
Lemons
Limes
Mangoes
Oranges
Pineapple
Nectarines
Peaches
Pears
Raisins
Raspberries

GRAINS

Amaranth
Kamut
Millet
Quinoa
Wild Rice

MISC

Apple Cider Vinegar
Lima beans
Maple syrup

NUTS

Almonds
Chestnuts
Pumpkin Seeds
Pine Nuts

Acidic Foods List

MISC

Alcohol
Animal proteins
Chocolate
Coffee
Dairy
Eggs
Honey
Nuts
Seeds
Soft drinks
Tea, black
Vinegar (except ACV)

BEANS

Legumes
Lentils
Soy, Tofu, Tempeh

GRAINS

Baked goods
Barley
Bread
Buckwheat
Cereals, all
Corn flour, starch, polenta
Oatmeal
Pasta
Spelt
Rice
Rye
Wheat bran
Wheat germ
Wheat products

FRUIT

Cranberries
Plums & prunes
Fruits - canned

