

ACIDIC/ALKALINE FOOD COMPARISON CHART

Eat Less- **X**

More Acidic

Neutral

More Alkaline

✓ Eat More+

Warming Effects/Stimulates Activity

Cooling Effects/Promotes Relaxation + Focus

Fruits	High Acid Sweetened Fruit Juices, Jams, dried fruits (sulphured)	Medium Acid Cranberry Pomegranate	Low Acid Bananas, prunes, natural fruit juice, unsweetened jams and dried fruits		Low Alkaline Oranges, Cherries, Pineapples, Peaches, Most Berries, Apricots	Medium Alkaline Dates, Figs, Melons, Raisins, Grapes, Kiwis, Apples, Pears, Peaches, Mangos	High Alkaline Lemons, Limes, Watermelons, Grapefruit, Raspberry
Vegetables, Legumes (Beans)	Processed Soy beans, Salted + Sweetened Peanut Butter	Potatoes w/o skin, Beans: Pinto, Kidney, Lima, String	Cooked Spinach, Soy Protein Powder, Corn Beans: Fava, Kidney, Lentils, Chick + Split Peas, Tofu, Edamame		Potato Skins, beets, lettuce, mushrooms, beets, brussl sprouts pumpkin, squash, tempeh, tomatoes	Bell Pepper, Cauliflower, Okra, Ginger, Sweet Potato, Cabbage, Celery, Carrots, Asparagus	Broccoli, Cucumber, Collared Greens, kale chard, spinach, onion garlic, Parsley, Sea vegetables
Grains Cereals Other	Chocolate, pastries, cookies, tarts, cakes	Rice Protein Powder, Oats + Bran, Rye, White Bread + Pasta, White Rice + Flour	Basmati + Brown Rice Wheat, Buckwheat Amaranth, Whole Wheat Bread + Pasta, Corn Pasta, Kasha		Whole Oats, Quinoa. Wild Rice, Millet + Spelt, Hemp Protein Powder, Sprouted Grain Bread		
Meat + Animal Products	Beef, Pork, Hard Cheeses, Eggs, Processed Meats + Cheeses, Ice Cream	Chicken (White meat), Lamb, Veal, Shellfish Milk, Casein (milk protein)	Whey Protein, Fish, Venison, Duck, Turkey Yogurt, Butter, Cottage Cheese, Goat + Sheep Milk		Dairy Probiotic Cultures Human Breast Milk		
Oils Nuts +Seeds Plant Fats	Margerine Hydrogenated Oils, Cottonseed Oil, Heated Oils	Lard, Chestnut + Palm Kernel Oils, Peanuts, Roasted nuts and seeds	Oils: Almond, Corn Safflower, Sesame, Canola; Tapioca, Popcorn, Pine Nuts		Avocados, Most Raw Nuts and Seeds; Sesame, Coconut, hemp, Sunflower and Flax seeds + Oils	Pumpkin Seeds, Almonds, Chia Seeds Raw Almond Butter, Olive Oil, Macadamia Cod Liver Oil	All Sprouts, Sprouted/Soaked Nuts + Seeds, Wheat Grass
Seasonings Herbs/Spices Sweeteners	Soy Sauce, Nutritional Yeast, Black Pepper Nutrasweet, Equal, Aspartame	Vanilla, Nutmeg, Mayonnaise, Ketchup, MSG, Table Salt, Cacao White + Brown Sugar High Fructose Syrup	Carob, Tahini Processed Honey Molasses Agave		Most Herbs, Curry, tamari, milk thistle, Maple + Rice Syrup Raw Honey + Sugar Black Strap Molasses	Cinnamon, ginger, dill, mint, peppermint, tumeric, basil oregano Licorice Root, Ginseng Stevia	Celtic Sea Salt, Himalayan Pink Salt Miso, Cayenne, Gotu Kola, Baking Soda
Beverages Preservatives Vinegar	Caffeine Alcoholic Drinks Soda + Soft Drinks White Vinegar	Coffee Black Tea Red Wine Vinegar Balsamic Vinegar	Kona Coffee Rice Vinegar	Water	Green Tea Ozonated Water Ionized Water Mineral Water	Ginger Tea Kombucha Apple Cider Vinegar	Lemon Water Herbal Tea
Activities + Social Tendency (ST)	Lack of Sleep Excess Stress Hot Bath ST: Over-reacting	Weight Lifting Shallow Breathing Most Exercise ST: Reacting	Walking ST: Reacting		Yin Yoga Slow Synchronized Breath + Movement ST: Responding	Deep Breathing Tai Chi Meditation/Power Nap ST: Anticipating	Deep Sleep Cold Bath/Shower Massage ST: Anticipating

PLACE ON FRIDGE

"Eat less processed and refined foods and more raw and uncooked greens and fruits."

PLACE ON FRIDGE