

# Acid - Alkaline Food Chart

By Venetta Kalu, LDN, CNS, ND

PATH OF LIFE  
HEALING CENTER  
Stimulating Cellular Beauty

Very Acid	Moderately Acid	Slightly Acid	Neutral with Bent Towards Acid	Food Category	Neutral with Bent Towards Alkaline	Slightly Alkaline	Moderately Alkaline	Very Alkaline
	Cranberry Pomegranate	Plum Prune	Guava Persimmon Cherimoya Date Dry Fruit	<b>Fruits</b>	Orange Banana Blueberry Grapes (Raisin) Currants Strawberry Figs	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Honeydew Olive Mango Loganberry Papaya	Lime Nectarine Raspberry Watermelon Tangerine Pineapple Cantaloupe
			Zucchini Tomato String beans	<b>Succulents and Flowers</b>	Artichoke Squash	Bell Peppers Eggplant Pumpkin Cauliflower	Broccoli	Cayenne
Soybean Carob	Peas (Green, Snow) Peanut Other Legumes Garbanzo (Chick)	Beans: (Pinto, White, Navy, Red, Aduki, Lima, Mung) Split peas	Beans: (Fava, Kidney) Black-eyed peas	<b>Beans Legumes</b>				Lentils
	Carrot	Chard	Rhubarb	<b>Vegetables Pulses Leaves Roots</b>	Brussel Sprouts Beets Chives/Scallions Celery Cilantro Jicama Turnip Greens Lettuce	Mushrooms Cabbage Collard Greens Spinach Alfalfa	Kohlrabi Parsnip Taro Root Garlic Asparagus Kale Endive/Parsley Jerusalem Artichoke Ginger Root	Broccoli Seaweeds Onion Daikon Radish Sea Vegetables Burdock Lotus Root Sweet Potato Yams
Barley Groats Processed Flour Maize	Corn Rye Oat Bran	Wheat (Semolina, Spelt, Teff, Kamut) White Rice Buckwheat	Triticale Brown Rice Millet Kasha	<b>Grains</b>	Quinoa Wild Rice Oats Grain Coffee			
Beef Pheasant	Chicken	Lamb/Mutton Game Meat Turkey	Venison Fish	<b>Meat Game Fish Fowl Shellfish</b>				
	Chicken Egg			<b>Eggs</b>				
Processed, Pasteurized Cheese, Dairy Dairy Ice cream	Casein Cottage Cheese Milk Soy	Milk: (Goat, Sheep, Cow)	Cream/Butter Yogurt Cheese: Goat, Sheep Brown Rice Milk	<b>Processed Dairy (Cow, Soy, Goat, Sheep)</b>	Ghee Oat Milk Grain Coffee			
Cotton Seed Oil Fried Food Hazelnut Walnut Nuts Brazil Nuts	Oil: (Chestnut, Palm) Lard Pistachios Pecans	Oil: (Almond, sesame, safflower) Tapioca Starch Seitan or Tofu	Oil: (Canola, Pumpkin, Grape seed, Sunflower) Pine Nut	<b>Oils: Seed, Nuts, Sprouts</b>	Oil: (Avocado, Coconut, Olive, Macadamia, Flax Seed) Most Seeds	Oil: (Cod Liver, Primrose) Sesame Seed Almond Sprouts	Poppy Seed Pepper Chestnut Cashew	Pumpkin Seed
	Nutmeg	Vanilla	Curry	<b>Herbs/Spices Grasses</b>	Ginger Blue Green Algae	Herbs (Most) Aloe Vera Cinnamon	Lemon Grass Licorice Green tea	Wheat Grass Kelp Cayenne
Soda / Beer Table Salt (Sodium Chloride) Yeast White Sugar White Vinegar Pudding Jams/Jelly	Coffee Aspartame Red Wine Vinegar Saccharin	Alcohol Black Tea Balsamic Vinegar Stevia	Kona Coffee MSG (Leave Alone) Rice Vinegar Soy Sauce	<b>Sweeteners Condiments Beverages</b>	Sucanat Sugar Honey Maple Syrup Molasses	Agave Sake Rice Syrup Apple Cider Vinegar		Baking Soda Umeboshi Plum Kombucha
Very Acid	Moderately Acid	Slightly Acid	Neutral with Bent Towards Acid	<b>Food Category</b>	Neutral with Bent Towards Alkaline	Slightly Alkaline	Moderately Alkaline	Very Alkaline