

# Alkaline Foods Chart

**ATTENTION:** It is important you do an alkaline diet the correct way.

Eating the correct foods is one part, but there is more to it than just that.

You can check out my **alkaline diet home study course** [here](#).

Food Category	Food	Rating				
		<-- highly acidic	--	highly alkaline	-->	
Breads	Corn Tortillas		x			
Breads	Rye bread			x		
Breads	Sourdough bread		x			
Breads	White biscuit			x		
Breads	White bread		x			
Breads	Whole-grain bread			x		
Breads	Whole-meal bread			x		
Condiments	Ketchup		x			
Condiments	Mayonnaise		x			
Condiments	Miso		x			
Condiments	Mustard		x			
Condiments	Soy sauce		x			
Dairy	Buttermilk				x	
Dairy	Cheese (all varieties, from all milks)		x			
Dairy	Cream			x		
Dairy	Egg whites		x			
Dairy	Eggs (whole)		x			
Dairy	Homogenized milk			x		
Dairy	Milk (not pasteurized)			x		
Dairy	Milk (pasteurized)		x			
Dairy	Paneer (cheese)		x			
Dairy	Quark		x			
Dairy	Yoghurt (sweetened)		x			
Dairy	Yoghurt (unsweetened)			x		
Beverages & Drinks	Beer	x				
Beverages & Drinks	Coffee	x				
Beverages & Drinks	Coffee substitute drinks			x		
Beverages & Drinks	Fruit juice (natural)			x		
Beverages & Drinks	Fruit juice (sweetened)	x				
Beverages & Drinks	Liquor	x				
Beverages & Drinks	Soda/Pop		x			
Beverages & Drinks	Tea (black)	x				
Beverages & Drinks	Tea (herbal, green)				x	
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				x	
Beverages & Drinks	Water (sparkling)		x			
Beverages & Drinks	Water (spring)			x		
Beverages & Drinks	Wine		x			
Fats & Oils	Borage oil				x	
Fats & Oils	Butter			x		
Fats & Oils	Coconut Oil (raw)				x	
Fats & Oils	Cod liver oil			x		
Fats & Oils	Corn oil			x		
Fats & Oils	Evening Primrose oil				x	

Fats & Oils	Flax seed oil				x		
Fats & Oils	Margarine			x			
Fats & Oils	Marine lipids				x		
Fats & Oils	Olive Oil				x		
Fats & Oils	Sesame oil				x		
Fats & Oils	Sunflower oil			x			
Fruits	Acai Berry			x			
Fruits	Apples			x			
Fruits	Apricot			x			
Fruits	Apricots			x			
Fruits	Apricots (dried)			x			
Fruits	Avocado (protein)					x	
Fruits	Banana (ripe)		x				
Fruits	Banana (unripe)				x		
Fruits	Black currant			x			
Fruits	Blackberries			x			
Fruits	Blueberry			x			
Fruits	Cantaloupe			x			
Fruits	Cherry, sour				x		
Fruits	Cherry, sweet			x			
Fruits	Clementines			x			
Fruits	Coconut, fresh				x		
Fruits	Cranberry			x			
Fruits	Currant			x			
Fruits	Dates			x			
Fruits	Dates (dried)			x			
Fruits	Fig juice powder			x			
Fruits	Figs (dried)				x		
Fruits	Figs (raw)				x		
Fruits	Fresh lemon				x		
Fruits	Goji berries			x			
Fruits	Gooseberry, ripe			x			
Fruits	Grapefruit			x			
Fruits	Grapes (ripe)			x			
Fruits	Italian plum			x			
Fruits	Limes				x		
Fruits	Mandarin orange		x				
Fruits	Mango			x			
Fruits	Nectarine			x			
Fruits	Orange			x			
Fruits	Papaya			x			
Fruits	Peach			x			
Fruits	Pear			x			
Fruits	Pineapple		x				
Fruits	Pomegranate		x				
Fruits	Raspberry		x				
Fruits	Red currant			x			
Fruits	Rose hips		x				
Fruits	Strawberries			x			
Fruits	Strawberry			x			
Fruits	Tangerine			x			
Fruits	Tomato					x	
Fruits	Watermelon			x			
Fruits	Yellow plum			x			
Grains & Legumes	Basmati rice			x			
Grains & Legumes	Brown rice		x				
Grains & Legumes	Buckwheat				x		
Grains & Legumes	Bulgar wheat			x			

Grains & Legumes	Couscous			x		
Grains & Legumes	Granulated soy ( <i>cooked, ground</i> )				x	
Grains & Legumes	kamut			x		
Grains & Legumes	Lentils			x		
Grains & Legumes	Lima beans				x	
Grains & Legumes	Oats		x			
Grains & Legumes	Rye bread		x			
Grains & Legumes	Soy flour			x		
Grains & Legumes	Soy lecithin, pure					x
Grains & Legumes	Soy nuts ( <i>soaked soy beans, then dried</i> )					x
Grains & Legumes	Soybeans, fresh				x	
Grains & Legumes	Spelt			x		
Grains & Legumes	Tofu			x		
Grains & Legumes	Wheat	x				
Grains & Legumes	white (navy) beans				x	
Meat, Poultry & Fish	Beef	x				
Meat, Poultry & Fish	Buffalo		x			
Meat, Poultry & Fish	Chicken		x			
Meat, Poultry & Fish	Duck		x			
Meat, Poultry & Fish	Fresh water fish		x			
Meat, Poultry & Fish	Liver			x		
Meat, Poultry & Fish	Ocean fish		x			
Meat, Poultry & Fish	Organ meats			x		
Meat, Poultry & Fish	Oysters			x		
Meat, Poultry & Fish	Pork	x				
Meat, Poultry & Fish	sardines (canned)	x				
Meat, Poultry & Fish	Tuna (canned)	x				
Meat, Poultry & Fish	Veal	x				
Meat, Poultry & Fish	Wild salmon,					
Misc	Apple Cider Vinegar			x		
Misc	Baking soda				x	
Misc	Bee pollen				x	
Misc	Canned foods		x			
Misc	cereals (like Kelloggs etc)		x			
Misc	Hummus			x		
Misc	Microwaved foods					
Misc	POPCORN			x		
Misc	Rice milk			x		
Misc	Royal Jelly				x	
Misc	Soy Protein Powder			x		
Misc	Tempeh			x		
Misc	Whey protein powder			x		
Nuts	Almond				x	
Nuts	Almond butter (raw)				x	
Nuts	Brazil nuts			x		
Nuts	Cashews			x		
Nuts	Filberts			x		
Nuts	Hazelnut			x		
Nuts	Macadamia nuts (raw)			x		
Nuts	Peanut butter (raw, organic)		x			
Nuts	Peanuts		x			
Nuts	pine nuts (raw)				x	
Nuts	Pistachios		x			
Nuts	Walnuts			x		
Roots	Carrot				x	
Roots	Fresh red beet					x
Roots	Kohlrabi				x	
Roots	Potatoes				x	

Roots	Red radish					x	
Roots	Rutabaga				x		
Roots	Summer black radish						x
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		
Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds			x			
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			
Sweets & Sweeteners	Halva [ground sesame seed sweet]		x				
Sweets & Sweeteners	Honey			x			
Sweets & Sweeteners	Maple Syrup			x			
Sweets & Sweeteners	Milk sugar			x			
Sweets & Sweeteners	Molasses		x				
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		
Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x

Vegetables	Dog grass						X
Vegetables	Endive, fresh					X	
Vegetables	French cut ( <i>green</i> ) beans					X	
Vegetables	Frozen vegetables		X				
Vegetables	Garlic					X	
Vegetables	Ginger					X	
Vegetables	Ginseng				X		
Vegetables	Green cabbage, ( <i>December Harvest</i> )				X		
Vegetables	Green cabbage, ( <i>March Harvest</i> )				X		
Vegetables	Horse radish				X		
Vegetables	Jicama						X
Vegetables	Kale						X
Vegetables	Kamut grass						X
Vegetables	Lamb's lettuce				X		
Vegetables	Leeks (bulbs)				X		
Vegetables	Lettuce				X		
Vegetables	Mushrooms		X				
Vegetables	Mustard greens				X		
Vegetables	Onion				X		
Vegetables	Oregano					X	
Vegetables	Parsnips				X		
Vegetables	Peas, fresh				X		
Vegetables	Peas, ripe				X		
Vegetables	Peppers				X		
Vegetables	Pickled vegetables	X					
Vegetables	Pumpkins (raw)				X		
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				X		
Vegetables	Sea Vegetables				X		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Shave grass						X
Vegetables	Sorrel					X	
Vegetables	Sauerkraut		X				
Vegetables	Soy Sprouts						X
Vegetables	Spinach ( <i>March harvest</i> )				X		
Vegetables	Spinach ( <i>other than March</i> )					X	
Vegetables	Sprouted seeds (all kinds)						X
Vegetables	Squash (all kinds, raw)				X		
Vegetables	Straw grass						X
Vegetables	Thyme				X		
Vegetables	Tomatoes (puree)						
Vegetables	Tomatoes (raw)				X		
Vegetables	Tomatoes (sundried)						
Vegetables	Watercress				X		
Vegetables	Wheat grass						X
Vegetables	White cabbage				X		
Vegetables	Yeast			X			
Vegetables	Zucchini				X		

**Alkaline diet home study course:** [click here.](#)