

Alkaline Foods Chart



*Healthy Alkaline Foods
- Eat lots of them!*

Vegetables

Alfalfa Grass +29.3
Asparagus +1.3
Barley Grass +28.1
Brussels Sprouts +0.5
Cabbage Lettuce, Fresh +14.1
Cauliflower +3.1
Cayenne Pepper +18.8
Celery +13.3
Chives +8.3
Comfrey +1.5
Cucumber, Fresh +31.5
Dandelion +22.7
Dog Grass +22.6
Endive, Fresh +14.5
French Cut Green Beans +11.2
Garlic +13.2
Green Cabbage December Harvest +4.0
Green Cabbage, March Harvest +2.0
Kamut Grass +27.6
Lamb's Lettuce +4.8
Leeks (Bulbs) +7.2
Lettuce +2.2
Onion +3.0
Peas, Fresh +5.1
Peas, Ripe +0.5
Red Cabbage +6.3
Rhubarb Stalks +6.3
Savoy Cabbage +4.5
Shave Grass +21.7
Sorrel +11.5
Soy Sprouts +29.5
Spinach (Other Than March) +13.1
Spinach, March Harvest +8.0
Sprouted Chia Seeds +28.5
Sprouted Radish Seeds +28.4
Straw Grass +21.4
Watercress +7.7
Wheat Grass +33.8
White Cabbage +3.3
Zucchini +5.7

Root Vegetables

Beet +11.3
Carrot +9.5
Horseradish +6.8
Kohlrabi +5.1
Potatoes +2.0
Red Radish +16.7
Rutabaga +3.1
Summer Black Radish +39.4
Turnip +8.0
White Radish (Spring) +3.1

*Foods you should only
consume moderately*

Fruits

(In Season, For Cleansing
Only Or With Moderation)
Apricot -9.5
Bananna, Ripe -10.1
Bananna, Unripe +4.8
Black Currant -6.1
Blueberry -5.3
Cantaloupe -2.5
Cherry, Sour +3.5
Cherry, Sweet -3.6
Coconut, Fresh +0.5
Cranberry -7.0
Currant -8.2
Date -4.7
Fig Juice Powder -2.4
Gooseberry, Ripe -7.7
Grape, Ripe -7.6
Grapefruit -1.7
Italian Plum -4.9
Mandarin Orange -11.5
Mango -8.7
Orange -9.2
Papaya -9.4
Peach -9.7
Pear -9.9
Pineapple -12.6
Raspberry -5.1
Red Currant -2.4
Rose Hips -15.5
Strawberry -5.4
Tangerine -8.5
Watermelon -1.0
Yellow Plum -4.9

Non-Stored Grains

Brown Rice -12.5
Wheat -10.1

Nuts

Hazelnuts -2.0
Macadamia Nuts -3.2
Walnuts -8.0

Fish

Fresh Water Fish -11.8

Fats

Coconut Milk -1.5
Sunflower Oil -6.7



*Unhealthy Acidic Food
- Try to avoid them!*

Meat, Poultry, And Fish

Beef -34.5
Chicken (to -22) -18.0
Eggs (to -22)
Liver -3.0
Ocean Fish -20.0
Organ Meats -3.0
Oysters -5.0
Pork -38.0
Veal -35.0

Milk And Milk Products

Buttermilk +1.3
Cream -3.9
Hard Cheese -18.1
Homogenized Milk -1.0
Quark -17.3

Bread, Biscuits (Stored
Grains/Risen Dough)
Rye Bread -2.5
White Biscuit -6.5
White Bread -10.0
Whole-Grain Bread -4.5
Whole-Meal Bread -6.5

Nuts

Cashews -9.3
Peanuts -12.8
Pistachios -16.6

Fats

Butter -3.9
Corn Oil -8.5
Margarine -7.5

Sweets

Artificial Sweeteners -26.5
Barley Malt Syrup -9.3
Beet Sugar -15.1
Brown Rice Syrup -8.7
Chocolate -24.6
Dr. Bronner's Barley
Dried Sugar Cane Juice -18
Fructose -9.5
Honey -7.6
Malt Sweetner -9.8
Milk Sugar -9.4
Molasses -14.6
Turbinado Sugar -9.5
White Sugar -17.6

Condiments

Ketchup -12.4

White Radish (Spring) +3.1

Fruits

Avocado (Protein) +15.6

Fresh Lemon +9.9

Limes +8.2

Tomato +13.6

Non-Stored Organic Grains And Legumes

Buckwheat Groats +0.5

Granulated Soy (Cooked Ground Soy Beans) +12.8

Lentils +0.6

Lima Beans +12.0

Soy Flour +2.5

Soy Lecithin (Pure) +38.0

Soy Nuts (soaked Soy Beans, Then Air Dried) +26.5

Soybeans, Fresh +12.0

Spelt +0.5

Tofu +3.2

White Beans (Navy Beans) +12.1

Nuts

Almonds +3.6

Brazil Nuts +0.5

Seeds

Caraway Seeds +2.3



Condiments

Ketchup -12.4

Mayonaise -12.5

Mustard -19.2

Soy Sauce -36.2

Vinegar -39.4

Beverages

Beer -26.8

Coffee -25.1

Fruit Juice Sweetened With
Fruit Juice, Packaged, Natural
-8.7

Liquor -38.7

Tea (Black) -27.1

White Sugar -33.6

Wine -16.4

Miscellaneous

Canned Foods

Microwaved Foods

Processed Foods

Pathogens

Yeast, Fungus and Mold
are present on these
foods. Avoid them
when ever possible.

Milk

Butter

Cheese

Icecream

Eggs

Beef, Pork, Poultry,

Turkey, Lamb

Fermented foods such

as Soy sauce, vinegar, sauerkraut, miso, olives, horseradish,
tamari, mayonaise, salad dressings, msg, ketchup, mustard
tempeh

Corn or corn products, Potatoes (these develop molds in
storage and are systemic, peanuts, mushrooms, bakers or
brewers or nutritional yeast, stored grains such as wheat,
barley, oats. See our pathogen chart for load comparisons.