

The Definitive

# Acid & Alkaline Food Chart

version 1.1

Definitive listing of acid & alkaline foods in an easy to read, easy to print chart



# The Energise Acid/Alkaline Food List

Your Energise Acid/Alkaline Food List contains the following:

## At a Glance Guide

Gives you a quick reference chart for the most commonly used alkaline and acid foods. This is a really useful chart you can print out and stick onto your fridge!

## Detailed Alkaline Foods

A more in-depth look at the foods that have an alkalising effect on the body. Includes vegetables, nuts, seeds, pulses, grains, fats, oils, fruits and more!

## Detailed Acid Foods

A more in-depth look at the foods that have an acidifying effect on the body. Like the alkaline foods these are listed on a scale from mildly acid through to strong acid, to help you make better food choices.

## Lookouts and Top Tips

There are a number of foods and drinks that at first glance would seem to be alkaline or acid, when the opposite is actually true! This gives you a quick cheat sheet and reference guide to make sure you don't get caught out.

As you are probably aware, there are many different conflicting food charts available online. So before we start I want to clarify why how we have classified the foods contained within this list. I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I set up Energise and I believe our chart (based on the research of the Alkaline Diet pioneer, Dr Young) is the most accurate.

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the 'ash' that is left behind and what it's pH is.

While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar. That is why on some charts high sugar fruits are listed as alkaline. Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them very acidifying when we consume them.

So, basically, the main difference between the charts comes down to one simple thing:

*Some charts determine acidity or alkalinity on the food before it is consumed & others (like mine) are more interested in the effect the food has on the body after it has been consumed.*

Personally, I have no interest in what a food is before I've eaten it – I want to know whether it will alkalise or acidify my body. Make sense?

I hope this helps clear things up.

# The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

## Highly Alkaline

pH 9.5 alkaline water  
Himalayan salt

Grasses  
Cucumber  
Kale  
Kelp  
Spinach  
Parsley  
Broccoli  
Sprouts (soy, alfalfa etc)  
Sea Vegetables (Kelp)

Green drinks

All Sprouted Beans/  
Sprouts

## Moderately Alkaline

Avocado  
Beetroot  
Capsicum/Pepper  
Cabbage  
Celery  
Collard/Spring Greens  
Endive  
Garlic  
Ginger  
Green Beans  
Lettuce  
Mustard Greens  
Okra  
Onion  
Radish  
Red Onion  
Rocket/Arugula  
Tomato

Lemon  
Lime

Butter Beans  
Soy Beans  
White Haricot Beans

Chia/Salba  
Quinoa

## Mildly Alkaline

Artichokes  
Asparagus  
Brussels Sprouts  
Cauliflower  
Carrot  
Chives  
Courgette/Zucchini  
Leeks  
New Baby Potatoes  
Peas  
Rhubarb  
Swede  
Watercress

Grapefruit  
Coconut

Buckwheat  
Quinoa  
Spelt  
Lentils  
Tofu

Other Beans & Legumes  
Goat & Almond Milk

Most Herbs & Spices

Avocado Oil  
Coconut Oil  
Flax Oil/ Udo's Oil

## Neutral/ Mildly Acidic

Black Beans  
Chickpeas/Garbanzos  
Kidney Beans  
Seitan

Cantaloupe  
Currants  
Fresh Dates  
Nectarine  
Plum  
Sweet Cherry  
Watermelon

Amaranth  
Millet  
Oats/Oatmeal  
Spelt  
Soybeans

Rice/Soy/Hemp Protein

Freshwater Wild Fish

Rice & Soy Milk

Brazil Nuts  
Pecan Nuts  
Hazel Nuts

Sunflower Oil  
Grapeseed Oil

## Moderately Acidic

Fresh, Natural Juice

Ketchup  
Mayonnaise  
Butter

Apple  
Apricot  
Banana  
Blackberry  
Blueberry  
Cranberry  
Grapes  
Mango  
Mangosteen  
Orange  
Peach  
Papaya  
Pineapple  
Strawberry

Brown Rice  
Oats  
Rye Bread  
Wheat  
Wholemeal Bread  
Wild Rice  
Wholemeal Pasta

Ocean Fish

## Highly Acidic

Alcohol  
Coffee & Black Tea  
Fruit Juice (Sweetened)

Cocoa  
Honey  
Jam  
Jelly  
Mustard  
Miso  
Rice Syrup  
Soy Sauce  
Vinegar  
Yeast

Dried Fruit

Beef  
Chicken  
Eggs  
Farmed Fish  
Pork  
Shellfish

Cheese  
Dairy

Artificial Sweeteners  
Syrup

Mushroom



# The Detailed List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

## Vegetables!

- Asparagus
- Broccoli
- Chilli
- Capsicum/Pepper
- Courgette/Zucchini
- Dandelion
- Snowpeas
- Green Beans
- String Beans
- Runner Beans
- Spinach
- Kale
- Wakame
- Kelp
- Collards
- Chives
- Endive
- Chard
- Cabbage
- Sweet Potato
- Coriander
- Basil
- Brussels Sprouts
- Cauliflower
- Carrot
- Beetroot
- Eggplant/Aubergine
- Garlic
- Onion
- Parsley
- Celery
- Cucumber
- Watercress
- Lettuce
- Peas
- Broad Beans
- New Potato
- Pumpkin
- Radish

## Fruit!

- Avocado
- Tomato
- Lemon
- Life
- Grapefruit
- Fresh Coconut

## Nuts & Seeds!

- Almonds
- Coconut
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## Grains & Beans!

- Amaranth
- Buckwheat
- Brown Rice
- Chia/Salba
- Kamut
- Millet
- Quinoa
- Spelt
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Soy Beans
- White Beans

## Oils!

- Avocado Oil
- Coconut Oil
- Flax Oil
- Udo's Oil
- Olive Oil

## Grasses!

- Wheatgrass
- Barley Grass
- Kamut Grass
- Dog Grass
- Shave Grass
- Oat Grass

## Other!

- Alkaline Water
- Tofu
- Goat & Almond Milk
- Herbal Tea

## Sprouts!

- Soy Sprouts
- Alfalfa Sprouts
- Amaranth Sprouts
- Broccoli Sprouts
- Fenugreek Sprouts
- Kamut Sprouts
- Mung Bean Sprouts
- Quinoa Sprouts
- Radish Sprouts
- Spelt Sprouts

## Breads!

- Sprouted Bread
- Sprouted Wraps
- Gluten/Yeast Free Breads & Wraps





# The Detailed List of Acid Foods

Try to avoid these foods and drinks, and try to keep to a maximum of 20% of your diet



## Meat!

Bacon	Oyster
Beef	Pork
Clams	Rabbit
Corned Beef	Sausage
Eggs	Scallops
Lamb	Shellfish
Lobster	Shrimp
Mussels	Tuna
Organ Meats	Turkey
Venison	Veal
Fish	

## Fruit!

Apple  
Apricot  
Currants  
Dates  
Grapes  
Mango  
Peach  
Pear  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tropical Fruits  
Berries  
Cantaloupe  
Cranberries  
Currants  
Honeydew Melon  
Orange  
Pineapple  
Plum

## Drinks!

Alcohol  
Black Tea  
Coffee  
Carbonated Water  
Pasteurized Juice  
Cocoa  
Energy Drinks  
Sports Drinks  
Colas  
Tap Water  
Milk  
Green Tea  
Decaffeinated Drinks  
Flavoured Water

## Nuts & Seeds!

Cashews  
Peanuts  
Pecans  
Pistachios  
Walnuts  
Brazil Nuts  
Chestnuts  
Hazelnuts  
Macadamia Nuts

## Dairy & Eggs!

Butter	Cottage Cheese
Cheese	Ice Cream
Milk	Sour Cream
Whey	Soy Cheese
Yogurt	Eggs

## Sauces!

Mayonnaise  
Ketchup  
Mustard  
Soy Sauce  
Pickles  
Vinegar  
Tabasco  
Tamari  
Wasabi

## Sweeteners!

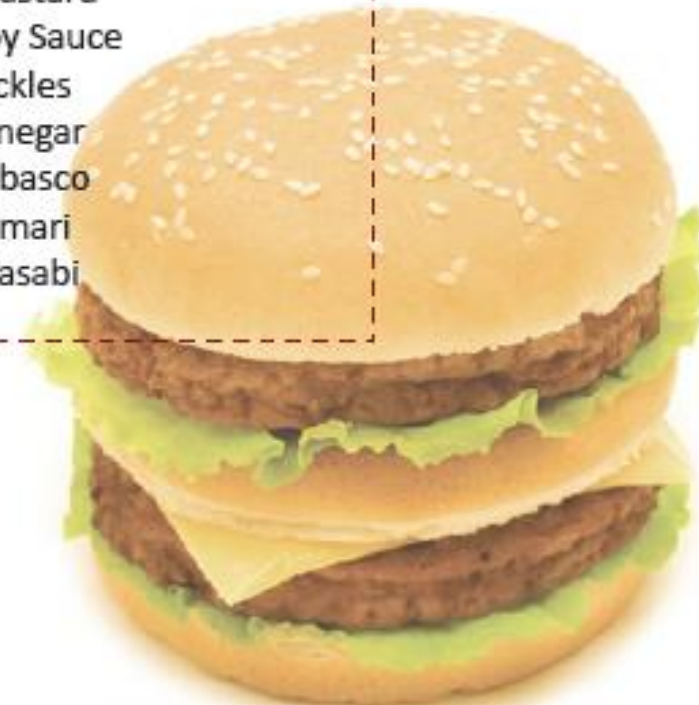
Artificial Sweeteners	Saccharine
Carob	Sucrose
Corn Syrup	Sucralose
Fructose	Honey
Processed Sugar	Maple Syrup

## Oils!

Cooked Oil  
Solid Oil (Margarine)  
Oil Exposed to Heat,  
Light or Air

## Other!

Mushrooms  
Miso  
White Breads, Pastas,  
Rice & Noodles  
Chocolate  
Chips  
Pizza  
Biscuits  
Cigarettes  
Drugs  
Candy!





# Lookouts & Top Tips

## Tip #1 - Fruits

It might come as a surprise that fruits are considered to be acid-forming. This is purely because of their high sugar content, and so I strongly advise that you keep fruit to a minimum. However, you don't have to avoid it completely and a piece per day as part of a balanced diet is fine.

## Tip #2 - I Thought It Was Acid?!

There are a few exceptions where intuition goes out of the window and the most obvious of these is lemons and limes being considered as alkaline. This is because they have a high alkaline mineral content and almost no sugar - so they have an alkaline effect on the body *after* they are consumed. The same goes for tomatoes.

## Tip #3 - Soy & Soy Sauce

Soy sauce, miso, tamari and all other fermented foods are acid-forming. This does not apply to the unfermented versions however, and soy sauce & tofu as OK to consume as part of your 20% mildly acid foods.

## Tip #4 - Tea & Coffee

Tea & coffee are, of course, acid-forming - so if you need to cut them from your diet look for substitutes. All herbal teas are alkaline (except for the very fruity ones and green tea, which contains nearly as much caffeine as coffee). Rooibos (Redbush) tea is a fantastic, anti-oxidant rich alternative to coffee and tea.

## Tip #5 - Bread

Bread is a tough one for many people, who rely upon it as a quick, filling part of lunch and breakfast. Try sprouted breads, which are mildly alkaline. If these are hard to find go for wraps instead of sandwiches and look for yeast free/gluten free varieties.

## Tip #6 - Hydration

Staying properly hydrated is probably the most important element of the alkaline diet. Not just any water will do! Tap water is actually mildly acidic in most areas with a low pH and traces of pesticides, heavy metals, fluoride and other nasties. Research the alkaline water options at [energiseforlife.com](http://energiseforlife.com) - and take the time to look at the ionizers - nothing beats ionized, alkaline water.

