



AlkalineWorld

create a healthy lifestyle

\$9.95

Alkaline Foods List

The complete list from A - Z



www.alkalinenworld.com.au

The 80/20 Rule

The 'alkaline acid food chart' indicates which foods have an alkalising effect on your body and which foods have an acidifying effect on the body. It is simple to use, you merely look up a food and it will indicate whether it is 'acid-forming' or 'alkaline-forming' within the body. For good health, try to eat 80% of your food from the alkalising list and 20% from the acidifying list.

The key is to not become too obsessed (stress is acidic), the average person can be safe on an 80% alkaline to 20% acid proportion. However, if you are unwell you may want to consider 100% alkaline foods until your health improves.

It is especially important to eat plenty of alkaline forming foods when you have eaten a larger portion of acid-formers, such as; meat, cheese, milk and grains. It's not about avoiding these acid-forming foods altogether, it's about moderation so they yield the greatest good to your body. For instance, if you are having pasta or pizza (which is acid-forming), balance it out with a green salad which is highly alkalising.

A number of highly alkalising foods that you can easily add to your diet are: [Ra See Salt](#), [Saka Water](#), [Alkaline Superfoods](#) and natural **Sodium Bicarb** (organic food grade only).

What about fruit?

Fruit in general helps to produce digestive juices which promotes good elimination as their high water content keeps the bowels moist and soft. Fruit is alkaline forming in the body and is great to eat before a meal as it stimulates the digestive juices in preparation for your meal, thus making it easier to digest.

Many people believe that citrus fruit is acidic, however citrus fruit is alkaline-forming within the body and therefore has an alkalising effect.

Simple daily habit

An effective and simple way to alkalise the body each morning is to start the day with 500ml of water that you have squeezed lemon juice into and added a pinch of [Ra See Salt](#) and you will give your body a good dose of important minerals. Not only does this have a powerful alkalising effect on your body, it gets your metabolism going by stimulating the pancreas to release bicarbonates into the blood.

Why is an alkaline diet important?

An alkaline diet diminishes acidity of the urine by neutralizing and absorbing normal body acids. It also forms a reserve of bicarbonates, which help to maintain neutrality. In effect, you are aiding your body to overcome the bad effects of any acid-forming foods you do eat. Just think of your body like a swimming pool, we all understand that bacteria can't survive in an alkaline environment in a swimming pool – our body is the same, a highly alkaline diet will naturally have you in much greater health.

Plan your meals to follow our simple, up-to-date acid-alkaline chart, the most complete of its kind! Even if you do eat an all-acid meal, make your next two or three fully alkaline. And, lastly, good health is much more than what you eat – so, make sure you relax and enjoy a restful sleep each day as they are both alkaline builders, along with walking, fresh air, sunshine, pleasure, laughter, conversation, enjoyment and even love.

Physically - we are what we eat.

Mentally - we are what we think.

Spiritually - we are what we believe.



Alkaline Acid Food Chart

| Food and Drinks A - Z | Alkaline Forming | | | Acid Forming | | |
|-----------------------|------------------|-----|-----|--------------|-----|------|
| | High | Med | Low | Low | Med | High |
| A | | | | | | |
| adzuki beans | | | | x | | |
| agar seaweed | | | v | | | |
| ale - dark | | | | | x | |
| ale - pale | | | | | | x |
| almond butter | | | v | | | |
| almond milk | | | v | | | |
| almonds | | | v | | | |
| amaranth | | | | x | | |
| apple cider vinegar | | v | | | | |
| apple juice | | | v | | | |
| apple pie | | | | | x | |
| apples | | v | | | | |
| apple sauce | | v | | | | |
| apricots | | v | | | | |
| artichokes | | v | | | | |
| asparagus | v | | | | | |
| aspartame | | | | | x | |
| avocado oil | | | v | | | |
| avocados | | v | | | | |
| B | | | | | | |
| bacon | | | | | | x |
| bagels | | | | | | x |
| bake beans | | | | x | | |
| baked potato | | v | | | | |
| baking chocolate | | | | | | x |
| baking powder | v | | | | | |
| balsamic vinegar | | | | x | | |
| bananas | | v | | | | |
| barley | | | | | x | |
| basil | | v | | | | |
| bay leaf | | | v | | | |
| bean sprouts | | v | | | | |
| beef | | | | | | x |
| beer | | | | | | x |
| beetroot | | v | | | | |
| bell peppers | | v | | | | |
| biscuits | | | | | | x |
| black beans | | | | x | | |
| black pepper | | v | | | | |
| black tea | | | | x | | |
| black berries | v | | | | | |
| blue berries | | v | | | | |
| boysenberries | | v | | | | |
| bran cereal | | | | | x | |
| bread - white | | | | | | x |
| broccoli | | v | | | | |
| brown rice | | | | x | | |

Alkaline Acid Food Chart

| | | | | | | |
|-----------------------|---|---|---|---|---|---|
| brown sugar | | | | | | x |
| brussel sprouts | | | √ | | | |
| buckwheat | | | | x | | |
| burdock root | √ | | | | | |
| butter | | | | x | | |
| butter beans | | | √ | | | |
| C | | | | | | |
| cabbage | | √ | | | | |
| caesar salad dressing | | | | | | x |
| cakes | | | | | | x |
| camembert cheese | | | | | | x |
| canola oil | | | | x | | |
| cantaloupe | √ | | | | | |
| cardamon seeds | | √ | | | | |
| carrots | | | √ | | | |
| cashews | | √ | | | | |
| cauliflower | | √ | | | | |
| cayenne pepper | | | √ | | | |
| celery | √ | | | | | |
| celery seeds | | | √ | | | |
| chamomile tea | | | √ | | | |
| chard, swiss | | | | x | | |
| cheddar cheese | | | | | | x |
| cheese cake | | | | | | x |
| cherries | | √ | | | | |
| chestnuts | √ | | | | | |
| chicken | | | | | x | |
| chicken noodle soup | | | | | | x |
| chicken nuggets | | | | | | x |
| chickpeas | | | | x | | |
| chinese parsley | | √ | | | | |
| cinnamon | | √ | | | | |
| cocoa | | | | | | x |
| coconut oil | | | √ | | | |
| coconuts | | | √ | | | |
| coffee | | | | | x | |
| cola | | | | | | x |
| coleslaw | | | | x | | |
| collard greens | √ | | | | | |
| coriander | | √ | | | | |
| coriander seeds | | | √ | | | |
| corn | | | | | x | |
| corn chips | | | | | | x |
| corn flakes | | | | | x | |
| corn syrup | | | | | | x |
| cottage cheese | | | | | x | |
| cottonseed oil | | | | | | x |
| couscous | | | | | | x |
| crabs | | | | | x | |
| cranberries | | | | | x | |

Alkaline Acid Food Chart

| | | | | | | |
|-----------------------|---|---|---|---|---|---|
| cranberry sauce | | | | | | x |
| cream | | | | x | | |
| cream, sour | | | | x | | |
| cream cheese | | | | | x | |
| croissants | | | | | | x |
| cucumbers | | | v | | | |
| cumin seeds | | v | | | | |
| cup cakes | | | | | | x |
| currants | | v | | | | |
| curry powder | | | | x | | |
| D | | | | | | |
| daikon | v | | | | | |
| dates | | | | x | | |
| dill | | | v | | | |
| donuts | | | | | | x |
| duck | | | | | x | |
| dulse seaweed | v | | | | | |
| E | | | | | | |
| eggplant | | v | | | | |
| eggs | | | | | x | |
| endive | v | | | | | |
| F | | | | | | |
| fava beans | | | | x | | |
| fennel | | v | | | | |
| figs | | | | x | | |
| fish - general | | | | | x | |
| flaxseed | | | v | | | |
| flaxseed oil | | | v | | | |
| french dressing | | | | x | | |
| french fried potato | | | | | | x |
| fried foods - general | | | | | | x |
| fruit preserves, jams | | | | | | x |
| G | | | | | | |
| garlic | | v | | | | |
| gelatin | | | | x | | |
| ghee | | | v | | | |
| gin | | | | | | x |
| ginger root | v | | | | | |
| ginger tea | v | | | | | |
| goat | | | | | x | |
| goat's cheese | | | | x | | |
| goat's milk | | | | x | | |
| gouda cheese | | | | | | x |
| granola | | | v | | | |
| grapes | | v | | | | |
| grape juice | | | v | | | |
| grapefruit | | v | | | | |
| grapefruit juice | | v | | | | |
| green beans | | v | | | | |
| green peppers | | v | | | | |

Alkaline Acid Food Chart

| | | | | | | |
|-----------------------|---|---|---|---|---|---|
| green tea | | | √ | | | |
| guava | | | | x | | |
| H | | | | | | |
| ham | | | | | x | |
| hamburgers | | | | | | x |
| hard cheese | | | | | | x |
| hash brown potatoes | | | √ | | | |
| hazelnuts | | | | | | x |
| herbal teas - general | | | √ | | | |
| honey | | | | x | | |
| honeydew melon | √ | | | | | |
| hops | | | | | | x |
| horseradish | √ | | | | | |
| hot dogs | | | | | | x |
| hummus | | | | x | | |
| I | | | | | | |
| ice cream | | | | | | x |
| iodized salt | | | | | | x |
| italian dressing | | | √ | | | |
| J | | | | | | |
| jam | | | | | | x |
| jelly | | | | | | x |
| jerusalem artichoke | | √ | | | | |
| K | | | | | | |
| kale | √ | | | | | |
| kefir | | | | x | | |
| kelp | √ | | | | | |
| ketchup | | | | | x | |
| kidney beans | | | | x | | |
| kiwi fruit | √ | | | | | |
| kohlrabi | √ | | | | | |
| kraut (sauerkraut) | | √ | | | | |
| L | | | | | | |
| lamb | | | | | x | |
| lard | | | | | x | |
| lasagne | | | | | | x |
| lemon juice | √ | | | | | |
| lemons | | √ | | | | |
| lentils | | √ | | | | |
| lettuce | | √ | | | | |
| lima beans | | | | x | | |
| lime juice | | √ | | | | |
| limes | | √ | | | | |
| linguine | | | | | | x |
| liver | | | | | x | |
| lobster | | | | | | x |
| M | | | | | | |
| macadamia nuts | | | √ | | | |
| macadamia oil | | | √ | | | |
| macaroni | | | | | | x |

Alkaline Acid Food Chart

| | | | | | | |
|----------------------------|---|---|---|---|---|---|
| malt | | | | | | x |
| mandarin | √ | | | | | |
| mango | √ | | | | | |
| maple syrup | | | | x | | |
| marjoram | | √ | | | | |
| mayonnaise | | | | x | | |
| milk - general | | | | x | | |
| milk shakes | | | | | | x |
| millet | | | | x | | |
| miso | √ | | | | | |
| molasses | | √ | | | | |
| msg - monosodium glutamate | | | | x | | |
| mozzarella cheese | | | | | | x |
| mung beans | | | | x | | |
| mushroom | | | √ | | | |
| mussels | | | | | | x |
| mustard | | | | | x | |
| mustard greens | √ | | | | | |
| N | | | | | | |
| noodles | | | | | | x |
| nori seaweed | √ | | | | | |
| O | | | | | | |
| oat bran | | | | | x | |
| oat flour | | | √ | | | |
| oats | | | √ | | | |
| okra | | √ | | | | |
| olive oil | | | √ | | | |
| olives | | √ | | | | |
| onions | √ | | | | | |
| orange juice | | | √ | | | |
| oranges | | √ | | | | |
| oregano | | √ | | | | |
| oysters | | | | | x | |
| P | | | | | | |
| pancakes | | | | | | x |
| papayas | √ | | | | | |
| paprika | √ | | | | | |
| parsley | √ | | | | | |
| parsnips | √ | | | | | |
| peas - green | | | | x | | |
| peas - snow | | | √ | | | |
| peaches | | √ | | | | |
| peanut butter | | | | | x | |
| peanut oil | | | | | x | |
| peanuts | | | | | x | |
| pears | | √ | | | | |
| pecans | | | | | x | |
| pepper - black | | √ | | | | |
| pepperoni | | | | | x | |
| peppers - bell | | √ | | | | |

Alkaline Acid Food Chart

| | | | | | | |
|--------------------------|---|---|---|---|---|---|
| persimmon | ✓ | | | | | |
| pickles | | ✓ | | | | |
| pine nuts | | | | x | | |
| pineapple juice | | ✓ | | | | |
| pineapple | ✓ | | | | | |
| pistachio nuts | | | | | x | |
| pita bread | | | | | | x |
| pizza - general | | | | | | x |
| plums | | | | x | | |
| pomegranates | | | | | x | |
| popcorn | | | | | x | |
| pork | | | | | | x |
| potato chips - fried | | | | | | x |
| potato chips - baked | | | ✓ | | | |
| potato | | ✓ | | | | |
| potato - baked with skin | | ✓ | | | | |
| poultry | | | | | x | |
| preservatives | | | | | | x |
| pretzels | | | | | | x |
| prunes | | | | x | | |
| pumpkin | | ✓ | | | | |
| pumpkin seeds | ✓ | | | | | |
| Q | | | | | | |
| quiche | | | | | | x |
| quinoa | | | ✓ | | | |
| R | | | | | | |
| rabbit | | | | | x | |
| radishes | ✓ | | | | | |
| raisins | | ✓ | | | | |
| raspberries | ✓ | | | | | |
| red wine | | | | | x | |
| red wine vinegar | | | | | | x |
| rhubarb | | | | x | | |
| rice - white | | | | | x | |
| rice - brown | | | | x | | |
| rice - wild | | | ✓ | | | |
| rye bread | | | | | x | |
| rye flour | | | | | x | |
| S | | | | | | |
| saccharin | | | | | x | |
| safflower oil | | | | x | | |
| salami | | | | | | x |
| salmon | | | | | x | |
| salt - table | | | | | | x |
| salt - sea | ✓ | | | | | |
| sauerkraut | | ✓ | | | | |
| scallions | | ✓ | | | | |
| scallops | | | | | x | |
| scotch | | | | | | x |
| seaweed | ✓ | | | | | |

Alkaline Acid Food Chart

| | | | | | | |
|-----------------------|---|---|---|---|---|---|
| sea salt | ✓ | | | | | |
| sesame oil | | | | x | | |
| sesame seeds | | | ✓ | | | |
| shrimp | | | | | | x |
| snapper | | | | | x | |
| snow peas | | | ✓ | | | |
| soft drinks | | | | | | x |
| sour cream | | | | x | | |
| soy milk | | | | | | x |
| soy nuts | | | | | | x |
| soy sauce | | ✓ | | | | |
| soybean curd - tofu | | | | | | x |
| soybeans | | | | | | x |
| spaghetti | | | | | x | |
| spinach | | | | x | | |
| spirulina | | | ✓ | | | |
| split peas | | | | x | | |
| spring onions | | ✓ | | | | |
| sprouts - general | | | ✓ | | | |
| squash | | ✓ | | | | |
| stevia | | | | x | | |
| strawberries | ✓ | | | | | |
| T | | | | | | |
| tamari | | ✓ | | | | |
| tangelos | | ✓ | | | | |
| tangerines | ✓ | | | | | |
| tap water | | | | x | | |
| tarragon | | ✓ | | | | |
| tea - black | | | | x | | |
| tea - green | | | ✓ | | | |
| tempeh | | | | | x | |
| thyme | | ✓ | | | | |
| tofu | | | | | | x |
| tomato juice | | | | x | | |
| tomato paste | | | | x | | |
| tomato sauce | | | | x | | |
| tomato soup | | | | x | | |
| tomatoes | | | | x | | |
| tortillas | | | | | x | |
| tuna | | | | | x | |
| turkey | | | | | x | |
| turnips | | ✓ | | | | |
| V | | | | | | |
| Veal | | | | | | x |
| vegetable oil | | | | x | | |
| vegetable soup | | | ✓ | | | |
| vinegar - white | | | | | | x |
| vinegar - balsamic | | | | x | | |
| vinegar - apple cider | | ✓ | | | | |
| vinegar - red wine | | | | | | x |

Alkaline Acid Food Chart

| | | | | | | |
|---------------------|---|---|---|---|---|---|
| vodka | | | | | | x |
| W | | | | | | |
| watercress | | v | | | | |
| watermelon | v | | | | | |
| wheat bran | | | | x | | |
| wheat flour | | | | | | x |
| white bread | | | | | | x |
| white rice | | | | | x | |
| white sugar | | | | | | x |
| white vinegar | | | | | | x |
| white wine | | | | | x | |
| whiting | | | | | x | |
| whole wheat bread | | | | | x | |
| wild rice | | | v | | | |
| Y | | | | | | |
| yams | v | | | | | |
| yeast | | | | | | x |
| yellow bell peppers | | v | | | | |
| yogurt - cows milk | | | | x | | |
| yogurt - soy | | | | | | x |
| yogurt - frozen | | | | | | x |
| Z | | | | | | |
| zucchini | | v | | | | |

The food tables shown here of the acid forming and alkaline forming nature of common foods is derived from Dr. Susan Brown's book - The acid alkaline food guide.