# Alkaline Foods List (remember, if you're on a cleanse, and/or you need to alkaline your body – and most of us do - eat furthest to the right. If you can eat the majority of your foods in the blue and green columns – BRAVO!)

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

| Category | Item | Red | Orange | Yellow | Light Green | Green | Dark Green |
|---|---|---|---|---|---|---|---|
| **Fats & Oils** | Corn oil | | | x | | | |
| | Evening Primrose oil | | | | x | | |
| | Flax seed oil | | | | x | | |
| | Margarine | | | x | | | |
| | Marine lipids | | | | x | | |
| | Olive Oil | | | | x | | |
| | Sesame oil | | | | x | | |
| | Sunflower oil | | | x | | | |
| **Fruits** | Acai Berry | | | x | | | |
| | Apples | | | x | | | |
| | Apricot | | | x | | | |
| | Apricots | | | x | | | |
| | Apricots (dried) | | | x | | | |
| | Avocado (protein) | | | | | x | |
| | Banana (ripe) | | x | | | | |
| | Banana (unripe) | | | | x | | |
| | Black currant | | | x | | | |
| | Blackberries | | | x | | | |
| | Blueberry | | | x | | | |
| | Cantaloupe | | | x | | | |
| | Cherry, sour | | | | x | | |
| | Cherry, sweet | | | x | | | |
| | Clementines | | | x | | | |
| | Coconut, fresh | | | | x | | |
| | Cranberry | | | x | | | |
| | Currant | | | x | | | |
| | Dates | | | x | | | |
| | Dates (dried) | | | x | | | |
| | Fig juice powder | | | x | | | |
| | Figs (dried) | | | | x | | |
| | Figs (raw) | | | | x | | |
| | Fresh lemon | | | | x | | |
| | Goji berries | | | x | | | |
| | Gooseberry, ripe | | | x | | | |
| | Grapefruit | | | x | | | |
| | Grapes (ripe) | | | x | | | |
| | Italian plum | | | x | | | |
| | Limes | | | | x | | |
| | Mandarin orange | | x | | | | |
| | Mango | | | x | | | |
| | Nectarine | | | x | | | |
| | Orange | | | x | | | |
| | Papaya | | | x | | | |
| | Peach | | | x | | | |
| | Pear | | | x | | | |
| | Pineapple | | x | | | | |
| | Pomegranate | | x | | | | |
| | Raspberry | | x | | | | |

| Category | Food | | | | | | |
|---|---|---|---|---|---|---|---|
| **Fruits** | Red currant | | | x | | | |
| | Rose hips | | x | | | | |
| | Strawberries | | | x | | | |
| | Strawberry | | | x | | | |
| | Tangerine | | | x | | | |
| | Tomato | | | | | x | |
| | Watermelon | | | x | | | |
| | Yellow plum | | | x | | | |
| **Grains / Legumes** | Basmati rice | | | x | | | |
| | Brown rice | | x | | | | |
| | Buckwheat | | | | x | | |
| | Bulgar wheat | | | x | | | |
| | Couscous | | | x | | | |
| | Granulated soy *(cooked, ground)* | | | | | x | |
| | kamut | | | | x | | |
| | Lentils | | | | x | | |
| | Lima beans | | | | | x | |
| | Oats | | | x | | | |
| | Rye bread | | | x | | | |
| | Soy flour | | | | x | | |
| | Soy lecithin, pure | | | | | | x |
| | Soy nuts *(soaked soy beans, then dried)* | | | | | | x |
| | Soybeans, fresh | | | | | x | |
| | Spelt | | | | x | | |
| | Tofu | | | | x | | |
| | Wheat | | x | | | | |
| | white (navy) beans | | | | | x | |
| **Meat, Poultry & Fish** | Beef | x | | | | | |
| | Buffalo | | x | | | | |
| | Chicken | | x | | | | |
| | Duck | | x | | | | |
| | Fresh water fish | | x | | | | |
| | Liver | | | x | | | |
| | Ocean fish | | x | | | | |
| | Organ meats | | | x | | | |
| | Oysters | | | x | | | |
| | Pork | x | | | | | |
| | sardines (canned) | x | | | | | |
| | Tuna (canned) | x | | | | | |
| | Veal | x | | | | | |
| | Wild salmon, | | | | | | |
| **Miscellaneous** | Apple Cider Vinegar | | | x | | | |
| | Baking soda | | | | | x | |
| | Bee pollen | | | | x | | |
| | Canned foods | | x | | | | |
| | cereals (like Kelloggs etc) | | x | | | | |
| | Hummus | | | x | | | |
| | Microwaved foods | | | | | | |

| Category | Item | Red | Orange | Yellow | Light Green | Med Green | Dark Green |
|---|---|---|---|---|---|---|---|
| **Miscellaneous** | POPCORN | | | x | | | |
| | Rice milk | | | x | | | |
| | Royal Jelly | | | | x | | |
| | Soy Protein Powder | | | x | | | |
| | Tempeh | | | x | | | |
| | Whey protein powder | | | x | | | |
| **Nuts** | Almond | | | | x | | |
| | Almond butter (raw) | | | | x | | |
| | Brazil nuts | | | x | | | |
| | Cashews | | | x | | | |
| | Filberts | | | x | | | |
| | Hazelnut | | | x | | | |
| | Macadamia nuts (raw) | | | x | | | |
| | Peanut butter (raw, organic) | | x | | | | |
| | Peanuts | | x | | | | |
| | pine nuts (raw) | | | | x | | |
| | Pistachios | | x | | | | |
| | Walnuts | | | x | | | |
| **Roots** | Carrot | | | | x | | |
| | Fresh red beet | | | | | x | |
| | Kohlrabi | | | | x | | |
| | Potatoes | | | | x | | |
| | Red radish | | | | | x | |
| | Rutabaga | | | | x | | |
| | Summer black radish | | | | | | x |
| | sweet potatoes | | | x | | | |
| | Turnip | | | | x | | |
| | White radish (spring) | | | | x | | |
| | Yams | | | | x | | |
| **Seeds** | Barley | | | x | | | |
| | Caraway seeds | | | | x | | |
| | Cumin seeds | | | | x | | |
| | Fennel seeds | | | | x | | |
| | Flax seeds | | | x | | | |
| | Pumpkin seeds | | | x | | | |
| | Sesame seeds | | | | x | | |
| | Sunflower seeds | | | x | | | |
| | Wheat Kernel | | x | | | | |
| **Sweets & Sweeteners** | Agave nectar | | | x | | | |
| | Alcohol sugars (xylitol and the other sacharides. | | x | | | | |
| | Artificial sweeteners | x | | | | | |
| | Barley malt syrup | | | x | | | |
| | Beet sugar | | x | | | | |
| | Brown rice syrup | | | x | | | |
| | Chocolates | | x | | | | |
| | Dr. Bronner's barley malt sweetener | | | x | | | |
| | Dried sugar cane juice | | | x | | | |

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|---|---|---|---|---|---|---|---|
| **Sweets & Sweeteners** | Fructose | | | x | | | |
| | Halva [ground sesame seed sweet] | | x | | | | |
| | Honey | | | x | | | |
| | Maple Syrup | | | x | | | |
| | Milk sugar | | | x | | | |
| | Molasses | | x | | | | |
| | Sugar (white) | | x | | | | |
| | Sugarcane | | x | | | | |
| | Turbinado sugar | | | x | | | |
| | Xylitol | | x | | | | |
| **Vegetables** | Alfalfa | | | | | x | |
| | Alfalfa grass | | | | | | x |
| | Artichokes | | | | x | | |
| | Asparagus | | | | x | | |
| | Aubergine/Egg plant | | | | x | | |
| | Barley grass | | | | | | x |
| | Basil | | | | x | | |
| | Bell peppers/capsicums (all colors) | | | | x | | |
| | Blue-Green Algae | | | x | | | |
| | Bok Choy | | | | x | | |
| | Brussels sprouts | | | | x | | |
| | Cabbage lettuce, fresh | | | | | x | |
| | Canned vegetables | | x | | | | |
| | Cauliflower | | | | x | | |
| | Cayenne pepper | | | | | x | |
| | Celery | | | | | x | |
| | Chives | | | | x | | |
| | Cilantro | | | | | x | |
| | Comfrey | | | | x | | |
| | Cooked vegetables (all kinds) | | | x | | | |
| | Cucumber, fresh | | | | | | x |
| | Dandelion | | | | | | x |
| | Dog grass | | | | | | x |
| | Endive, fresh | | | | | x | |
| | French cut (*green*) beans | | | | | x | |
| | Frozen vegetables | | x | | | | |
| | Garlic | | | | | x | |
| | Ginger | | | | | x | |
| | Ginseng | | | | x | | |
| | Green cabbage, *(December Harvest)* | | | | x | | |
| | Green cabbage, *(March Harvest)* | | | | x | | |
| | Horse radish | | | | x | | |
| | Jicama | | | | | | x |
| | Kale | | | | | | x |
| | Kamut grass | | | | | | x |
| | Lamb's lettuce | | | | x | | |
| | Leeks (bulbs) | | | | x | | |
| | Lettuce | | | | x | | |

| Vegetables | | Red | Orange | Yellow | Light Green | Green | Dark Green |
|---|---|---|---|---|---|---|---|
| | Mushrooms | | x | | | | |
| | Mustard greens | | | | x | | |
| | Onion | | | | x | | |
| | Oregano | | | | | x | |
| | Parsnips | | | | x | | |
| | Peas, fresh | | | | x | | |
| | Peas, ripe | | | | x | | |
| | Peppers | | | | x | | |
| | Pickled vegetables | x | | | | | |
| | Pumpkins (raw) | | | | x | | |
| | Raw onions | | | | x | | |
| | Red cabbage | | | | x | | |
| | Rhubarb stalks | | | | x | | |
| | Savoy Cabbage | | | | x | | |
| | Sea Vegetables | | | | x | | |
| | Seaweed (dulse, kelp, laver, etc) | | | | x | | |
| | Shave grass | | | | | | x |
| | Sorrel | | | | | x | |
| | Sauerkraut | | x | | | | |
| | Soy Sprouts | | | | | | x |
| | Spinach (March harvest) | | | | x | | |
| | Spinach (other than March) | | | | | x | |
| | Sprouted seeds (all kinds) | | | | | | x |
| | Squash (all kinds, raw) | | | | x | | |
| | Straw grass | | | | | | x |
| | Thyme | | | | x | | |
| | Tomatoes (puree) | | | | | | |
| | Tomatoes (raw) | | | | x | | |
| | Tomatoes (sundried) | | | | | | |
| | Watercress | | | | x | | |
| | Wheat grass | | | | | | x |
| | White cabbage | | | | x | | |
| | Yeast | | | x | | | |
| | Zucchini | | | | x | | |