



The Definitive

Acid & Alkaline Food Chart

version 1.1

energiseforlife.com



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

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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.



The Philosophy Behind Our Food Chart

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

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut

Nuts & Seeds!

Almonds
Coconut
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Grains & Beans!

Amaranth	Lentils
Buckwheat	Lima Beans
Brown Rice	Mung Beans
Chia/Salba	Navy Beans
Kamut	Pinto Beans
Millet	Red Beans
Quinoa	Soy Beans
Spelt	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	Kamut Sprouts
Alfalfa Sprouts	Mung Bean Sprouts
Amaranth Sprouts	Quinoa Sprouts
Broccoli Sprouts	Radish Sprouts
Fenugreek 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

Other!

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

Sauces!

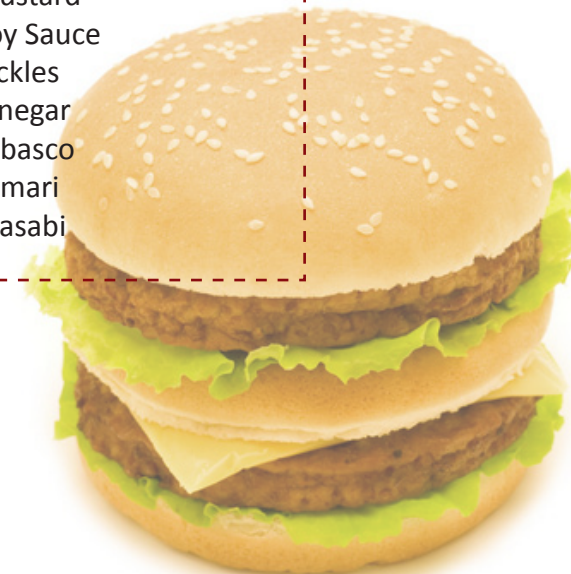
Mayonnaise
Ketchup
Mustard
Soy Sauce
Pickles
Vinegar
Tabasco
Tamari
Wasabi

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



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 - and take the time to look at the ionizers - nothing beats ionized, alkaline water.

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