

# The Alkaline Diet Chart

Most Alkaline	Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Sweeteners	Processed Honey, Molasses	White Sugar, Brown Sugar	Nutrasweet, Equal, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Fruits	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives	Beans Vegetables Legumes	Cooked Spinach Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans, Soybeans	Carob
	Almonds	Chestnuts	Nuts & Seeds	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Olive Oil	Canola Oil	Oils	Corn Oil, Flax Oil		
		Amaranth, Millet, Wild Rice, Quinoa	Grains Cereals	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries. Pasta
			Meats	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Pork, Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	Eggs Dairy	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Soy Milk	Soy Cheese, Raw Milk	Cheese, Homogenized Milk, Ice Cream
Lemon Water, Herb Tea	Green Tea	Ginger Tea	Beverages	Tea	Coffee	Beer, Soft Drinks
Natural Cellular Defense Magnesium Complex pH GreenZone Enzymes			Alkaline Supplements			



**Eat 80% alkaline foods and 20% acid foods for perfect pH balance.**

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**919-875-1005**