

# Acid - Alkaline Food Chart

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PATH OF LIFE  
HEALING CENTER  
Stimulating Cellular Beauty

Very Acid	Moderately Acid	Slightly Acid	Neutral with Bent Towards Acid	Food Category	Neutral with Bent Towards Alkaline	Slightly Alkaline	Moderately Alkaline	Very Alkaline
	Cranberry Pomegranate	Plum Prune Tomato	Coconut Figs Guava Persimmon Cherimoya Date Dry Fruit	<b>Fruits</b>	Orange Banana Blueberry Grapes (Raisin) Currants Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Cantaloupe Honeydew Olive Mango Loganberry	Lime Nectarine Raspberry Watermelon Tangerine Pineapple
			Zucchini	<b>Succulents Flowers</b>	Artichoke Squash	Bell Peppers Eggplant Pumpkin Cauliflower	Broccoli	
Soybean Carob	Peas (Green, Snow) Peanut Other Legumes Garbanzo (Chick)	Beans: (Pinto, White, Navy, Red, Aduki, Lima, Mung) Split peas	Beans: (Fava, Kidney, String beans) Black-eyed peas	<b>Beans Legumes</b>				Lentils
	Carrot	Chard	Spinach Rhubarb	<b>Vegetables Pulses Leaves Roots</b>	Brussel Sprouts Beets Chives/Scallions Celery Cilantro Jicama Turnip Greens Lettuce	Mushrooms Cabbage Collard Greens	Kohlrabi Parsnip Taro Root Garlic Asparagus Kale Endive/Parsley Jerusalem Artichoke Ginger Root	Broccoflower Seaweeds Onion Daikon Radish Sea Vegetables Burdock Lotus Root Sweet Potato Yams
Barley Groats Processed Flour Maize	Corn Rye Oat Bran	Wheat (Semolina, Spelt, Teff, Kamut) White Rice Buckwheat	Triticale Brown Rice Millet Kasha	<b>Grains</b>	Quinoa Wild Rice Oats Grain Coffee			
Beef Pheasant	Chicken	Lamb/Mutton Game Meat Turkey	Venison Fish	<b>Meat Game Fish Fowl Shellfish</b>				
	Chicken Egg			<b>Eggs</b>				
Processed, Pasteurized Cheese, Dairy Dairy Ice cream	Casein Cottage Cheese Milk Soy	Milk: (Goat, Sheep, Cow)	Cream/Butter Yogurt Cheese: Goat, Sheep Brown Rice Milk	<b>Processed Dairy (Cow, Soy, Goat, Sheep)</b>	Ghee Oat Milk			
Cotton Seed Oil Fried Food Hazelnut Walnut Nuts Brazil Nuts	Oil: (Chestnut, Palm) Lard Pistachios Pecans	Oil: (Almond, sesame, safflower) Tapioca Starch Seitan or Tofu	Oil: (Canola, Pumpkin, Grape seed, Sunflower) Pine Nut	<b>Oils: Seed, Nuts, Sprouts</b>	Oil: (Avocado, Coconut, Olive, Macadamia, Flax Seed) Most Seeds	Oil: (Cod Liver, Primrose) Sesame Seed Almond Sprouts	Poppy Seed Pepper Chestnut Cashew	Pumpkin Seed
	Nutmeg	Vanilla	Curry	<b>Herbs/Spices</b>	Ginger Blue Green Algae	Herbs (Most) Aloe Vera Cinnamon	Lemon Grass Licorice Green tea	
Soda / Beer Table Salt (Sodium Chloride) Yeast White Sugar White Vinegar Pudding Jams/Jelly	Coffee Aspartame Red Wine Vinegar Saccharin	Alcohol Black Tea Balsamic Vinegar Stevia	Kona Coffee MSG (Leave Alone) Honey/Maple Syrup Rice Vinegar	<b>Sweeteners Condiments Beverages</b>	Sucanat Sugar	Agave Sake Rice Syrup Apple Cider Vinegar		Baking Soda Umeboshi Plum Kombucha Molasses Soy Sauce
Very Acid	Moderately Acid	Slightly Acid	Neutral with Bent Towards Acid	Food Category	Neutral with Bent Towards Alkaline	Slightly Alkaline	Moderately Alkaline	Very Alkaline