



Acid vs. Alkaline Foods List

Alkaline pH	Mid Range pH	Acid pH
Stevia	Honey, Raw Sugar, Xylitol, Molasses	White Sugar, Brown Sugar, Artificial Sweeteners (Equal, NutraSweet, Sweet'nLow, Aspartame, Sucralose, Splenda)
Lemon, Lime, Grapefruit	Orange, Pineapple, Peach, Plum	Tart Fruits (berries, rhubarb)
Melon, Papaya, Mango	Banana	Prune
Berry, Cherry, Grape, Raisin	Avocado	Cocoa, Chocolate
Apple, Pear	Cherry	
Non-starchy Vegetables	Juicy, semi-starchy vegetables (corn, tomato, olive, cabbage, green bean, pea)	Starchy Legumes, Potato
Almond, Chestnut	Pumpkin Seed, Sunflower Seed	Peanut, Cashew, Walnut, Pecan
	Corn Oil, Flax, Canola	Safflower Oil, Sunflower Oil, Peanut Oil, Lard
	Amaranth, Millet, Wild Rice, Quinoa, Sprouted Wheat, Spelt, Brown Rice	White Flour, White Rice, Corn, Buckwheat, Oats, Rye
		Beef, Pork, Shellfish (poultry, fish, venison, lamb are less acid-forming)
Goat Milk Products (esp. raw and/ or cultured)	Eggs	Cow Milk Products (raw and/ or cultured are less acid-forming)
Almond Milk	Soy Milk	Rice Milk,
Herbal Tea	Black Tea	Coffee, Beer, Soda Pop

Source: Balancing the Body's pH, 2010 Edition, Joan Vandergriff, N.D.