

FoodMastery: pH Food Chart

Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Aspartame, Equal, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Blueberries, Oranges, Bananas, Cherries, Pineapple, Peaches, Avocado	Dates, Figs, Melons, Grapes, Kiwi, Berries, Apples, Pears, Raisins	Lemona, Watermelon, Limes, Grapefruit, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Tofu, Fresh Corn, Mushrooms, Cabbage, Potato Skins, Peas, Olives, Soybeans	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Careb	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS CEREALS	Ameranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Ice Cream, Homogenized Milk	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS DAIRY	Soy Cheese, Soy Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

Acid			Healthy Body pH Range				Alkaline			
<5.0	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5+