

Nutritional Habit 5– Acidifying and Alkalizing Food Chart

Below is a chart that provides more detail on which foods are more alkalizing and which foods are more acidifying, as well as the varying degrees of alkalinity and acidity. Use it as a guideline. If most of the foods and drink you consume are on the acidic side, then work at incorporating more foods into your diet that have an alkalizing effect on the body.

Keep in mind, if there are specific foods that you know you are sensitive to, don't try to eat them simply because they fall on the alkalizing side. In the same way, just because some foods are categorized as extremely acidic, such as honey, maple syrup, almond milk and beans/legumes, does not mean they must be completely avoided; however, be aware of how much of these foods you are eating. The number and severity of the symptoms you are experiencing will indicate how strict your diet should be to achieve desired results.

ALKALIZING FOODS				ACIDIFYING FOODS		
Extremely Alkaline	Moderately Alkaline	Mildly Alkaline		Mildly Acidic	Moderately Acidic	Extremely Acidic
Garlic All vegetables (except potatoes) Greens – barley grass, etc. Sea Veggies Spirulina (algae)	All Fruit (except cranberries) Free-range eggs Whey protein powder Fat Free Cottage Cheese Lean chicken breast Organic yogurt Almonds Chestnuts Tempeh Flax Seeds Pumpkin Seeds Sunflower Seeds Millet Sprouted Seeds & Nuts Apple Cider Vinegar	Clean Water Unpasteurized organic milk Herbal Tea Stevia Spices & Seasonings Sea Veggies	GOAL Consume a diet that consists of 75% Alkalizing & 25% Acidifying foods.	Oils – olive, avocado, canola, etc. Cranberries Grains Dairy – cheese, milk, butter	Nuts & Nut Butters Meat – Beef, Lamb, Pork, Turkey, etc. Fish Pasta White Vinegar Potatoes	Chemicals Drugs – Medicinal & Recreational Pesticides Herbicides Candy Sugar Honey Maple Syrup Molasses Artificial Sweeteners Alcohol Beans & Legumes Almond/Soy Milk

The above material is for informational purposes only and is not meant to be a substitute for professional medical advice.

References:

1. Graci, Sam. (1999). *The Power of Superfoods*. Scarborough, Ontario: Prentice-Hall Canada Inc.