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The At-A-Glance Acid/Alkaline Food List

← Eat More

Eat Less →

Highly Alkaline	Moderately Alkaline	Mildly Alkaline	Neutral/ Mildly Acidic	Moderately Acidic	Highly Acidic
pH 9.5 alkaline water	Avocado	Artichokes	Black Beans	Fresh, Natural Juice	Alcohol
Himalayan salt	Beetroot	Asparagus	Chickpeas/ Garbanzos	Ketchup	Coffee
Grasses	Capsicum/ Pepper	Brussels Sprouts	Kidney Beans	Mayonnaise	Fruit Juice (Sweetened)
Cucumber	Cabbage	Cauliflower	Seltan	Butter	Black Tea
Kale	Celery	Carrot	Cantaloupe	Apple	Cocoa
Spinach	Collard/Spring Greens	Chives	Currants	Apricot	Honey
Parsley	Endive	Courgette/ Zucchini	Fresh Dates	Banana	Jam
Broccoli	Garlic	Leeks	Nectarine	Blackberry	Jelly
Sprouts (soy, alfalfa, etc.)	Ginger	New Baby Potatoes	Plum	Blueberry	Mustard
Sea Vegetables (Kelp)	Green Beans	Rhubarb	Sweet Cherry	Cranberry	Rice Syrup
Green drinks	Lettuce	Swede	Watermelon	Grapes	Soy Sauce
	Mustard Greens	Watercress	Amaranth	Mango	Vinegar
	Okra	Grapefruit	Millet	Orange	Yeast
	Onion	Coconut	Freshwater Wild Fish	Peach	Dried Fruit
	Radish	Buckwheat	Rice Milk	Strawberry	Beef
	Red Onion	Quinoa	Soy Milk	Brown Rice	Chicken
	Rocket/Arugula	Spelt	Brazil Nuts	Oats	Eggs
	Tomato	Lentils	Pecan Nuts	Rye Bread	Farmed Fish
	Lemon	Tofu	Hazel Nuts	Wheat	Pork
	Lime	Goat Milk	Sunflower Oil	Wholemeal Bread	Shellfish
	Butter Beans	Most Herbs & Spices	Grapeseed Oil	Wild Rice	Cheese
	Soy Beans	Avocado Oil		Wholemeal Pasta	Dairy
	White Haricot Beans	Coconut Oil		Ocean Fish	Artificial Sweeteners
		Flax Oil			Syrup
		Udo's Oil			Mushroom

Can Be Included
In Your 20% Acid