

## Alkaline Foods

### FRUIT

Figs [dried]  
Lemons  
Watermelon  
Raisins  
Blackcurrant  
Cantaloupe Melon  
Honeydew Melon  
Figs [fresh]  
Grapes [sweet]  
Limes  
Mangoes  
Papaya  
Persimmons  
Pineapple

High  
Alkaline  
Forming

Apples  
Apricots  
Avocados  
Breadfruit  
Guavas  
Kiwi  
Kumquats  
Loquats  
Nectarines  
Passion fruit  
Peaches  
Pears  
Raspberries  
Strawberries [fresh]  
Tangerines

Moderately  
Alkaline  
Forming

Bananas [ripe-spotted]  
Coconut [fresh]  
Cherries  
Currants  
Grapefruit  
Oranges  
Peaches  
Tomatoes

Low  
Alkaline  
Forming

### VEGETABLES

Celery  
Onions  
Parsley  
Potato [with skin on]  
Rutabaga  
Seaweeds  
Watercress

High  
Alkaline  
Forming

Alfalfa Sprouts  
Bean Sprouts  
Beets and Beet Tops  
Bell Peppers  
Broccoli  
Cabbage  
Carrots  
Garlic  
Cauliflower  
Chard/Collard Greens/Spinach - fresh & raw  
Corn [fresh]  
Green Beans [fresh]  
Kohlrabi  
Kale  
Leek  
Lettuce  
Lima Beans [fresh]  
Peas [fresh]  
Sweet Potato & Yam  
Pumpkin  
Squash [fresh]  
Turnip

Moderately  
Alkaline  
Forming

Moderately  
Alkaline  
Forming

Artichoke  
Asparagus (controversial)  
Cucumber  
Ginger  
Eggplant  
Okra  
Olives [not in vinegar]  
Radish

Low  
Alkaline  
Forming

## Alkaline Foods

### NUTS

Almonds  
Hazelnuts  
Brazil Nuts  
Chestnuts  
Coconut [fresh]

### OILS

Almond  
Olive  
Flax Seed [fresh – keep refrigerated]

### SWEETNERS

Stevia  
Honey [fresh – unprocessed]  
Maple Syrup  
Agave [questionable, may be acidic]  
Date Syrup [questionable, may be acidic]

## Acid Foods

### FRUIT

Cranberry  
Rhubarb [vegetable used as a fruit – high Oxalic acid content] do not use:  
requires large amount of sweetener  
Canned Fruit [in tin cans] do not use  
Fruits sweetened with sugar and corn syrup  
Processed Fruits [jams, jellies, glazed, candied, sauces, chutney]  
Green Bananas  
Currants  
Blueberry  
Prunes  
Plums

### LEGUMES

All Dried Beans [mildly acid forming]  
Black Beans  
Chick Peas [Garbanzos]  
Green Peas  
Kidney Beans  
Lentils  
Lima Beans  
Peruvian Beans  
Pinto Beans  
Red Beans  
Soy Beans  
White Bean

Low
Acid
Forming

### GRAINS

Almost All Grains  
All Flour Products [white is high acid forming]  
Amaranth  
Barley  
Bran [Oat & Wheat]  
Corn [dried, canned, prepared/processed]  
Oats [rolled, Oatmeal, flour]  
Rice  
Rye  
Wheat [bread, noodles, cereals, cakes & etc.]

### VEGETABLES

Rhubarb [do not use]  
Spinach [Cooked]  
Chard  
Brussel's Sprouts  
Olives [Canned, Pickled in vinegar]

### SEEDS

[very mildly acid forming]  
Pumpkin  
Sesame  
Sunflower

### NUTS

Walnuts [high acid forming]  
Peanuts [high acid forming]  
Cashews  
Pecans  
Pistachios

### DRINKS & BEVERAGES

Black Tea & Coffee [do not use - high acid form. & contain high level pesticides]  
Soda Water  
Rice Milk  
Soy Milk

### OILS

Corn  
Sunflower  
Soy

### SWEETENERS

All Artificial Sweeteners [very strongly acid]  
White & Brown Sugar [strong acid forming]  
Molasses [use un-sulfured]  
Honey [processed]  
Carob

## Foods Rich in Potassium

Listed approximately by descending order of Potassium Content

### FRUIT

Apricots [dried]-1380 mg/3 ½ oz  
Raisins-1020 mg/3 ½ oz  
310 mg/1/4 cup (40 g)  
Prunes [raw]-745 mg/3 ½ oz  
Currants-720 mg/3 ½ oz  
Figs [dried]-712 mg/3 ½ oz or 271 mg/2 figs  
Figs [fresh]  
Avocados-634 mg/3 ½ oz [California grown  
have approx. 20% higher Potassium con-  
tent than Florida Grown]  
Bananas-396 mg/ 3 ½ oz  
Cantaloupe Melon-309.mg/3 ½ oz  
Honeydew Melon-271 mg/3 ½ oz  
Dates [dried]-271 mg/5 whole dates  
Oranges-237 mg/average whole orange  
Tomatoes [fresh]-200 mg/1/2 cup  
Passion Fruit

### NUTS & SEEDS

Sunflower Seeds-850 mg/3 ½ oz  
Almonds-770 mg/3 ½ oz  
Brazil Nuts-595 mg/3 1/2oz  
Chestnuts-592 mg/3 ½ oz

### GRAINS

Quinoa-740 mg/3 ½ oz  
Amaranth-366 mg/3 ½ oz

### VEGETABLES

Water Chestnuts-584 mg/3 ½ oz  
Spinach-558 mg/3 ½ oz  
Potatoes [baked including skin]-550  
mg/3 ½ oz - Averg. whole potato-1081mg  
Beets [raw]-467 mg/3 ½ oz  
Beets [cooked]-519 mg/cup  
Lima Beans [fresh, raw]-467 mg/3 ½ oz  
Kale-447 mg/3 ½ oz  
Jerusalem Artichokes [Sunchokes]-  
429 mg/3 ½ oz  
Garlic-401 mg/3 ½ oz [approx. 33 cloves]  
or approx. 12 mg/clove  
Brussel's Sprouts-389 mg/3 ½ oz  
Parsnips-375 mg/3 ½ oz  
Artichokes-370 mg/3 ½ oz  
Cauliflower-355 mg/3 ½ oz  
Squash Butternut-352 mg/3 ½ oz  
Broccoli-325 mg/3 ½ oz  
Carrots-323 mg/3 ½ oz  
Okra-303 mg/3 ½ oz  
Asparagus-302 mg/3 ½ oz

### SWEETNERS

Blackstrap Molasses-730 mg/Tbsp (22 g)  
This is probably the most potent source of  
Potassium: Learn to love blackstrap  
molasses - Limit yourself to 1-2 Tbsp/day.

3 ½ ounces [oz] = 100 grams [g]