



The Definitive  
**Acid & Alkaline Food  
Chart**

version 2.0

[energiseforlife.com](http://energiseforlife.com)



Definitive listing of acid & alkaline foods in an easy to read, easy to print chart

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# The Energise Acid/Alkaline Food List

Your VERSION 2.0 Energise Acid/Alkaline Food List contains the following:

## At a Glance Guide

Gives you a quick reference chart for the most commonly used alkaline and acid foods. This is a really useful chart you can print out and stick onto your fridge!

## Detailed Alkaline Foods

A more in-depth look at the foods that have an alkalisng effect on the body. Includes vegetables, nuts, seeds, pulses, grains, fats, oils, fruits and more!

## Detailed Acid Foods

A more in-depth look at the foods that have an acidifying effect on the body. Like the alkaline foods these are listed on a scale from mildly acid through to strong acid, to help you make better food choices.

## Lookouts and Top Tips

There are a number of foods and drinks that at first glance would seem to be alkaline or acid, when the opposite is actually true! This gives you a quick cheat sheet and reference guide to make sure you don't get caught out.

## Five Brand New Recipes!

Variety and taste are vitally important to sticking with the alkaline lifestyle. To keep you going I've included five brand new alkaline diet recipes. They are easy, quick and most importantly - delicious!



# The Philosophy Behind Our Food Chart

As you are probably aware, there are many different conflicting food charts available online. So before we start I want to clarify why how we have classified the foods contained within this list. I know it is quite confusing to see such differences in the charts. This amount of conflicting information is the main reason I set up Energise and I believe our chart (based on the research of the Alkaline Diet pioneer, Dr Young) is the most accurate.

The reason that other charts show such disparity is because they base their classifications on the readings for the Potential Renal Acid Load research (PRAL). This is not an accurate source for this purpose. The reason for this is, to test for PRAL they basically burn the food at an extreme temperature and then take a read of the 'ash' that is left behind and what its pH is.

While this does give a read of its alkalinity from the mineral content of the food, this is only half the picture. By burning it at such a high temperature they also burn away all of the most acid-causing content of the food, namely sugar. That is why on some charts high sugar fruits are listed as alkaline. Bananas for instance are high in the alkaline mineral potassium, BUT they are also 25% sugar which makes them very acidifying when we consume them.

So, basically, the main difference between the charts comes down to one simple thing:

*Some charts determine acidity or alkalinity on the food before it is consumed & others (like mine) are more interested in the effect the food has on the body after it has been consumed.*

Personally, I have no interest in what a food is before I've eaten it – I want to know whether it will alkalise or acidify my body. Make sense?

I hope this helps clear things up.

# The At-A-Glance Acid/Alkaline Food List

EAT MORE

EAT LESS

CAN BE INCLUDED IN YOUR 20% ACID

## Highly Alkaline

pH 9.5 alkaline water  
 Himalayan salt  
 Grasses  
 Cucumber  
 Kale  
 Kelp  
 Spinach (baby and grown)  
 Parsley  
 Broccoli  
 Sprouts (soy, alfalfa etc)  
 Sea Vegetables (Kelp)  
 Green drinks  
 All Sprouted Beans/  
 Sprouts

## Moderately Alkaline

Avocado  
 Beetroot  
 Basil  
 Capsicum/Pepper  
 Cabbage  
 Celery  
 Chives  
 Collard/Spring Greens  
 Coriander  
 Endive  
 Garlic  
 Ginger  
 Green Beans  
 Lettuce  
 Mustard Greens  
 Okra  
 Onion  
 Radish  
 Red Onion  
 Rocket/Arugula  
 Tomato  
 Lemon  
 Lime  
 Butter Beans  
 Soy Beans  
 White Haricot Beans  
 Chia/Salba  
 Quinoa

## Mildly Alkaline

Artichokes  
 Asparagus  
 Brussels Sprouts  
 Cauliflower  
 Carrot  
 Courgette/Zucchini  
 Leeks  
 New Baby Potatoes  
 Peas  
 Pumpkin  
 Swede  
 Squash (Butternut,  
 Summer etc)  
 Watercress  
 Grapefruit  
 Coconut  
 Pomegranate  
 Rhubarb  
 Buckwheat  
 Lentils  
 Tofu  
 Goat & Almond Milk  
 Herbs & Spices (Thyme,  
 Mint, Ginger, Cumin etc.)  
 Avocado Oil  
 Olive Oil  
 Coconut Oil  
 Flax Oil/ Udo's Oil

## Neutral/ Mildly Acidic

Black Beans  
 Chickpeas/Garbanzos  
 Kidney Beans & Other  
 Beans  
 Seitan  
 Cantaloupe  
 Fresh Dates  
 Nectarine  
 Plum  
 Sweet Cherry  
 Watermelon  
 Amaranth  
 Millet  
 Oats/Oatmeal  
 Spelt  
 Soybeans  
 Buckwheat Pasta  
 Cous Cous  
 Rice/Soy/Hemp Protein  
 Freshwater Wild Fish  
 Rice & Soy Milk  
 Brazil Nuts  
 Pecan Nuts  
 Hazel Nuts  
 Sunflower Oil  
 Grapeseed Oil

## Moderately Acidic

Fresh, Natural Juice  
 Ketchup  
 Mayonnaise  
 Butter  
 Apple  
 Apricot  
 Banana  
 Blackberry  
 Blueberry  
 Cranberry  
 Grapes  
 Guava  
 Mango  
 Mangosteen  
 Orange  
 Peach  
 Papaya  
 Pineapple  
 Strawberry  
 Goat's Cheese  
 Vegan Cheese  
 Brown Rice  
 Rye Bread  
 Wheat  
 Wholemeal Bread  
 Wild Rice  
 Wholemeal Pasta  
 Ocean Fish

## Highly Acidic

Alcohol  
 Coffee & Black Tea  
 Fruit Juice (Sweetened)  
 Cocoa  
 Honey  
 Jam  
 Jelly  
 Mustard  
 Miso  
 Rice Syrup  
 Soy Sauce  
 Vinegar  
 Yeast  
 Dried Fruit  
 Beef  
 Chicken  
 Eggs  
 Farmed Fish  
 Pork  
 Shellfish  
 Cheese  
 Dairy  
 Artificial Sweeteners  
 Syrup  
 Mushroom



# The Detailed List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

## Vegetables!

Asparagus	Coriander
Broccoli	Basil
Chilli	Brussels Sprouts
Capsicum/Pepper	Cauliflower
Courgette/Zucchini	Carrot
Dandelion	Beetroot
Snowpeas	Eggplant/Aubergine
Green Beans	Garlic
String Beans	Onion
Runner Beans	Parsley
Spinach	Celery
Kale	Cucumber
Wakame	Watercress
Kelp	Lettuce
Collards	Peas
Chives	Broad Beans
Endive	New Potato
Chard	Pumpkin
Cabbage	Radish
Sweet Potato	Squashes (Summer, Butternut etc)
Mint	Pumpkin
Ginger	

## Fruit!

Avocado  
Tomato  
Lemon  
Lime  
Grapefruit  
Fresh Coconut  
Pomegranate

## Nuts & Seeds!

Almonds  
Coconut  
Flax Seeds  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds

## Grains & Beans!

Amaranth	Lima Beans
Buckwheat	Mung Beans
Brown Rice	Pinto Beans
Chia/Salba	Red Beans
Kamut	Soy Beans
Millet	White Beans
Quinoa	(note: beans are 'neutral but can be included)
Lentils	

## Oils!

Avocado Oil  
Coconut Oil  
Flax Oil  
Udo's Oil  
Olive Oil

## Grasses!

Wheatgrass  
Barley Grass  
Kamut Grass  
Dog Grass  
Shave Grass  
Oat Grass

## Other!

Alkaline Water  
Tofu  
Goat & Almond Milk  
Herbal Tea  
Buckwheat Pasta

## Sprouts!

Soy Sprouts	Kamut Sprouts
Alfalfa Sprouts	Mung Bean Sprouts
Amaranth Sprouts	Quinoa Sprouts
Broccoli Sprouts	Radish Sprouts
Fenugreek Sprouts	Spelt Sprouts

## Breads!

Sprouted Bread  
Sprouted Wraps  
Gluten/Yeast  
Free Breads & Wraps



# The Detailed List of Acid Foods

Try to avoid these foods and drinks, and try to keep to a maximum of 20% of your diet



## Meat!

Bacon	Oyster
Beef	Pork
Clams	Rabbit
Corned Beef	Sausage
Eggs	Scallops
Lamb	Shellfish
Lobster	Shrimp
Mussels	Tuna
Organ Meats	Turkey
Venison	Veal
Fish	

## Fruit!

Apple  
Apricot  
Currants  
Dates  
Grapes  
Mango  
Peach  
Pear  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tropical Fruits  
Cantaloupe  
Cranberries  
Currants  
Honeydew Melon  
Orange  
Pineapple  
Plum

## Drinks!

Alcohol  
Black Tea  
Coffee  
Carbonated Water  
Pasteurized Juice  
Cocoa  
Energy Drinks  
Sports Drinks  
Colas  
Tap Water  
Milk  
Green Tea  
Decaffeinated Drinks  
Flavoured Water

## Nuts & Seeds!

Cashews  
Peanuts  
Pecans  
Pistachios  
Walnuts  
Brazil Nuts  
Chestnuts  
Hazelnuts  
Macadamia Nuts

## Dairy & Eggs!

Butter	Cottage Cheese
Cheese	Ice Cream
Milk	Sour Cream
Whey	Soy Cheese
Yogurt	Eggs

## Sweeteners!

Artificial Sweeteners	Saccharine
Carob	Sucrose
Corn Syrup	Sucralose
Fructose	Honey
Processed Sugar	Maple Syrup

## Oils!

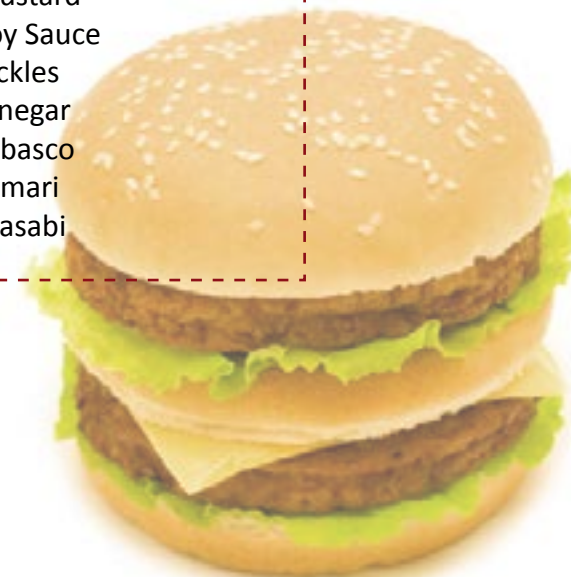
Cooked Oil  
Solid Oil (Margarine)  
Oil Exposed to Heat,  
Light or Air

## Other!

Mushrooms  
Miso  
White Breads, Pastas,  
Rice & Noodles  
Chocolate  
Chips  
Pizza  
Biscuits  
Cigarettes  
Drugs  
Candy!

## Sauces!

Mayonnaise  
Ketchup  
Mustard  
Soy Sauce  
Pickles  
Vinegar  
Tabasco  
Tamari  
Wasabi



# The Best of the Rest!

These are the foods you guys have emailed me asking for classification!

## Other Alkaline Foods

Freshly made tahini  
Fresh corn on the cob  
Pomegranate  
Figs  
Almond butter (fresh)  
Kohlrabi  
Yam  
Radish  
Turnip  
Sesame seeds  
Artichoke  
Rhubarb  
Cayenne pepper  
Sorrel  
Red cabbage  
Coconut Milk  
Coconut Cream  
Coconut Water  
Coconut Flesh

## Other Acidic Foods

Apple cider vinegar  
Canned corn  
Dark chocolate  
Rye bread (but MUCH better than white)  
Buttermilk  
Paneer  
Acai  
Stored potatoes (any other than new)  
Cottage cheese  
Cottonseed oil  
Rice bran oil  
All vinegars  
All mushrooms  
All fruit juices  
All meats  
Kombucha  
Miso  
Kimchee  
All other fermented foods



# Lookouts & Top Tips

## Tip #1 - Fruits

It might come as a surprise that fruits are considered to be acid-forming. This is purely because of their high sugar content, and so I strongly advise that you keep fruit to a minimum. However, you don't have to avoid it completely and a piece per day as part of a balanced diet is fine.

## Tip #2 - I Thought It Was Acid?!

There are a few exceptions where intuition goes out of the window and the most obvious of these is lemons and limes being considered as alkaline. This is because they have a high alkaline mineral content and almost no sugar - so they have an alkaline effect on the body *after* they are consumed. The same goes for tomatoes.

## Tip #3 - Soy & Soy Sauce

Soy sauce, miso, tamari and all other fermented foods are acid-forming. This does not apply to the unfermented versions however, and soy sauce & tofu as OK to consume as part of your 20% mildly acid foods.

## Tip #4 - Tea & Coffee

Tea & coffee are, of course, acid-forming - so if you need to cut them from your diet look for substitutes. All herbal teas are alkaline (except for the very fruity ones and green tea, which contains nearly as much caffeine as coffee). Rooibos (Redbush) tea is a fantastic, anti-oxidant rich alternative to coffee and tea.

## Tip #5 - Bread

Bread is a tough one for many people, who rely upon it as a quick, filling part of lunch and breakfast. Try sprouted breads, which are mildly alkaline. If these are hard to find go for wraps instead of sandwiches and look for yeast free/gluten free varieties.

## Tip #6 - Hydration

Staying properly hydrated is probably the most important element of the alkaline diet. Not just any water will do! Tap water is actually mildly acidic in most areas with a low pH and traces of pesticides, heavy metals, fluoride and other nasties. Research the alkaline water options at [energiseforlife.com](http://energiseforlife.com) - and take the time to look at the ionizers - nothing beats ionized, alkaline water.





# Top Seven Alkaline Snacks

Warning: this list will probably make you laugh out loud if you are new to alkalising, but I swear on erm...Tottenham's chances of qualifying for the Champion's League (it is a big deal) – that the longer you alkalise the more these foods WILL feel like a treat to you.

It is a well known phenomenon that as you start alkalising your body, your tastes adjust. Personally, I literally cannot stand the thought of drinking a can of Coke now – so sugary sweet! On the flip-side of this, you begin to get more of a sweet sensation from subtle flavours such as peppers and carrots, which can only be a good thing.

So – here are my top 7 alkalising snacks:

**1 - Jason Vale's Veggie Juice in a Bar:** AT LAST! A tasty, healthy, alkaline snack bar! We've been waiting YEARS for something like this to come along and at last our prayers have been answered. Jason's Veggie Juice in a Bar is a 100% raw, 100% organic snack that contains no artificial stuff or sugars.

They taste absolutely fantastic – they are a legitimate, tasty, healthy snack!

No more wondering what to snack on or going hungry when you're on the go! THANK YOU JASON!

**2 - Dr Martin's Coco Juice:** This drink is like a snack in a pouch! Made only from organic, young green coconut water, Dr Martin's Coco Juice is a nutritional powerhouse that replenishes, alkalises and keeps you going. It can be used either as a natural isotonic energy drink, perfect as a sports energy drink or general everyday booster or as a wonderfully alkaline base to smoothies, juices and more!

Rich in bioavailable vitamins, minerals, amino acids and living enzymes, Dr Martins Organic Young Green Coconut Water is naturally low in calories, virtually fat free and cholesterol free. And it tastes awesome. And it reminds me of happy days.

**3 - Almonds:** packed full of protein, fibre, calcium, magnesium, potassium (yes, 3 of the 4 most alkaline minerals) vitamin E and other antioxidants and phytochemicals – and unsaturated fat. If possible, remember to soak your almonds overnight in order to increase the potential for the body to digest the nutrients and goodness.

**4 - Sprouts:** these are one of the most alkalising, nutritious and easily accessible foods known to man. Being rich in vitamins, minerals, proteins and enzymes, they can be grown easily in four to six days and require no effort and very little cost. Crunchy, raw and delicious!

**5 - Raw Carrots:** shredded, sticks, chunks or just peeled – carrot offers a sweet, water-rich, nutrient dense snack that is packed full of vitamin A, C, K and B1, B3 and B6, fibre, magnesium, potassium and folate. Bonza

**6 - Seed Mix:** get a mixture of pumpkin, sesame, sunflower and flax. This will give you a filling snack, plus a range of minerals, proteins and essential fatty acids. What more could you ask for?

**7 - Raw Soups:** make yourself a giant batch and then eat/drink as much as you like, whenever you are hungry, tired or bored! The raw alkalising soups will give your body a HUGE boost of nutrients in a form that the body can easily assimilate, meaning that it will require absolutely no energy to digest. This is a real body booster.



# Top Alkaline Lunchbox Ideas

Your Lunch Box Is: 2x Alkaline Wraps, 2 handfuls of nuts and seeds, a piece of fruit, 1/2 a stuffed avocado and 300ml of alkaline smoothie. Sounds great!

## Tip #1 - Wraps Are SO Easy

When people first start alkalising they realise breads are pretty much out...and then opt for salads. This is a great move, BUT it can get boring and you can find yourself giving up because you crave breads and sometimes salad alone just doesn't do it. The solution? WRAPS. Sprouted wraps are best, but if you can't get them then gluten-free wraps are fine (and usually easy to find). Simply fill the wrap with salad and hummous or tahini and enjoy. Feel free to make them MASSIVE as it's all alkaline goodness inside.

Extra Tip: spread the hummous onto the wrap and then sprinkle seeds onto this - that way the seeds stick and don't fall out everywhere when you eat it!

## Tip #2 - Nuts & Seeds ARE Filling

When people think of snacking on nuts and seeds they don't really see it as a legitimate snack, or something that can actually fill you up. This just isn't true. Eat more, eat a variety! I like a mix of almonds, sunflower seeds, flax seeds, pumpkin seeds and sesame seeds with a few naughty nuts thrown in like macademias and walnuts. A few decent handfuls of this definitely wipes out any hunger between meals and gives you an awesome dose of omegas.

## Tip #3 - A 'little' Fruit Is OK

You can eat a little fruit - one portion a day is absolutely fine and won't have your pH nose-diving any time soon. My top picks to AVOID are still banana and pineapple as these are basically pure sugar, an in the case of banana - devoid of water.

Go for berries, watermelon, grapefruit and at a push mangoes and plums. These are 'lower' in sugar and higher in water content.

## Tip #4 - Avo Goes a LONG Way

Half an avocado can be a lunchbox treat and savior. So easy to prepare, all I do is scoop out half an avo, mix with a few chopped cherry tomatoes, sprinkle in some sesame seeds and squeeze a little fresh lemon in and then pack back into the avo shell and wrap it up and put it in my lunchbox. Filling & tasty!

Go for berries, watermelon, grapefruit and at a push mangoes and plums. These are 'lower' in sugar and higher in water content.

## Tip #6 - Pack a Smoothie

So few people think of this but it's great - when you make your morning smoothie (or juice) just make extra and take some with you!



# Alkalising Chilli Spring Greens

This is a fabulous and highly alkalising recipe



## Serves:

2 as a main dish

4 as a side dish

**Preparation Time:** 30 Minutes

## Ingredients:

500g Spring greens leaves, finely chopped

2 tbs grapeseed or rapeseed oil

6 tbs water or yeast-free vegetable stock

1-2 garlic cloves, finely chopped

1 large or 2 medium onions, thinly sliced

1 fresh red chilli, seeded and finely sliced

Juice of 1 fresh lemon

Himalayan Crystal Salt or celtic sea salt

Freshly ground black pepper

Optional: Brown basmati rice, cooked as per instructions

## Instructions:

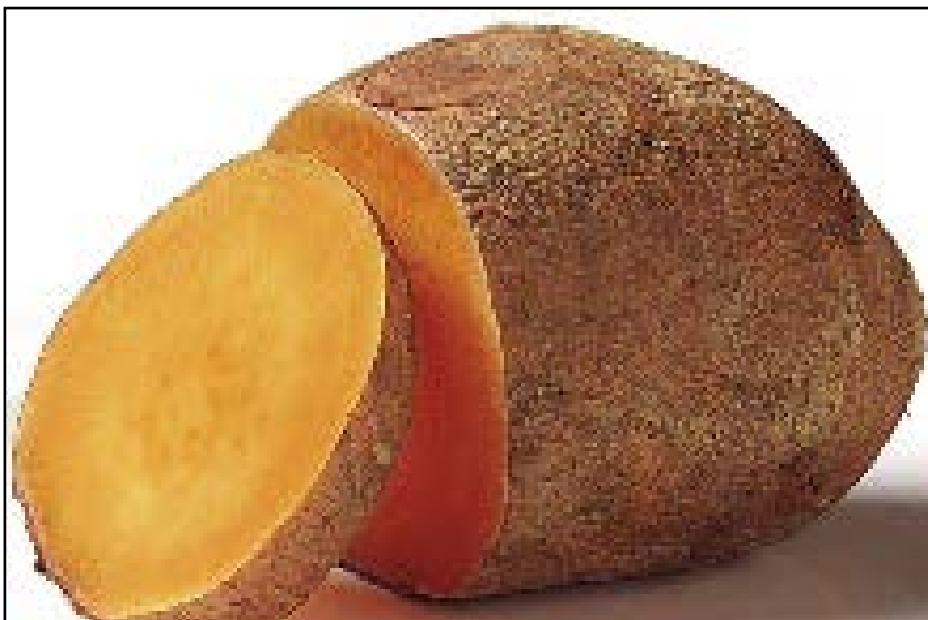
- 1** Cook the spring greens in the stock or water in a large frying pan over medium heat, covered, for about 5 minutes.
- 2** In another frying pan, heat the oil over a medium heat and gently fry the onion, garlic and chilli for about 3-4 minutes.
- 3** Add these to the spring greens, then cover and steam for about 10 minutes. Season to taste with salt and pepper, add the lemon juice and serve.





# Coconut Quinoa and Sweet Potato Curry

This one is a WINNER!



**Serves:** 4-5

**Preparation Time:** 30 Minutes

**Ingredients:**

1 can chickpeas drained  
1/2 cup dry quinoa  
1 medium-large sweet potato, peeled and cubed  
1/2 medium onion, chopped  
2 to 3 cloves garlic, minced  
2 to 3 tablespoons coconut oil  
1 teaspoon coriander, cumin and tumeric  
3/4 teaspoon garlic powder  
1/2 teaspoon cayenne  
1/8 teaspoon cardamon  
1/8 teaspoon ginger  
salt, to taste  
pepper to taste  
1 can coconut milk

**Instructions:**

- 1** Prepare quinoa, chickpeas, and sweet potatoes. In a saucepan, add chickpeas, quinoa and 300ml of water. Heat over medium-high heat to bring chickpea liquid to a boil. Cover with a tight-fitting lid and reduce heat; simmer for 15 minutes, or until quinoa and chickpeas have softened. Now steam the sweet potato until it is tender (about 15 mins).
- 2** In a skillet/pan, heat coconut oil over medium heat. Add onion and garlic and saute until the onion is translucent. Add all of the spices (coriander, cumin, turmeric, garlic powder, cayenne pepper, cardamon, ginger, salt, and pepper).
- 3** Add the chickpea-quinoa-sweet potato mixture to the skillet. Add coconut milk and mix well and allow to boil over high heat. Reduce to low heat, cover, and simmer for 10 to 15 minutes, stirring every few minutes, until the milk has condensed into a nice curry.





# 'Creamy' Brussels Sprouts

This 'creamy' recipe is alkaline, energising and deeeee-licious.



**Serves:** 1

**Preparation Time:** 30 Minutes

**Ingredients:**

5-10 Brussels sprouts, halved  
1 tablespoon coconut oil  
1-2 tablespoons tahini  
1-2 teaspoons Bragg (or tamari)  
1-2 tablespoons toasted sesame seeds

**Instructions:**

- 1** Steam the Brussels for about 8-10 minutes until they're just softening, but not going mushy or losing their colour.
- 2** Drain water off, add oil and place into a pan and saute until golden brown. Meanwhile, in a bowl, mix tahini and Bragg (or tamari). If mixture gets really thick, add a little water.
- 3** Once sprouts are done sauteing, pull off heat and add the tahini/tamari mixture and mix until all sprouts are coated. This should not be anything near 'soupy'. If it's a bit watery, get it back on the heat until it reduces and thickens up.
- 4** Once all sprouts are coated, pour onto plate/bowl and generously sprinkle with the sesame seeds.



# Alkaline Sushi Recipe

Here are my Alkaline Sushi rolls! With just a few tweaks sushi gets the alkaline makeover



Serves: 4

Preparation Time: 30 Minutes

Ingredients:

215g (1 cup) brown rice

4 nori sheets

1 ripe avocado, peeled, mashed

1/2 cucumber, cut into thin strips

1/2 red capsicum, deseeded, cut into thin strips

1/3 cup coarsely grated carrot

Bragg Liquid Aminos

Optional: fresh red chilli or dried chilli flakes

Optional: firm tofu

Instructions:

- 1** Cook the brown rice according to the packet instructions and then place in a large bowl. Using a fork, mash in 1/4 of an avocado with the rice to give it that traditional 'sticky' feel of Japanese sushi rice. This way is much more alkaline!
- 2** Slice all of the vegetables, and if you're using tofu too, quickly fry this in coconut oil and a little Bragg Liquid Aminos (soy sauce replacement)
- 3** Place a nori sheet, shiny-side down, on a clean surface. Use wet hands to spread one-quarter of the rice mixture over half the nori sheet, leaving a 2cm-wide border along the edge closest to you. Spread about a quarter of the remaining avocado across the centre of the rice. Arrange one-quarter of the capsicum and cucumber across the avocado and top with one-quarter of the grated carrot. If you're using the tofu, place this in here now too.
- 4** Roll up firmly to enclose filling. Brush edge of nori with warm water to seal. Repeat with remaining nori, rice, avocado, capsicum, cucumber and carrot. Set rolls aside, seam-side down, for 5 minutes to rest. Cut each roll into 6 pieces. Serve with Bragg and optional chilli!



# Soba Pasta Pesto Pine Extravaganza!

Combined with fresh, raw pesto, uncooked oil and pine nuts, this meal is a great transition recipe.



**Serves:** 2

**Preparation Time:** 30 Minutes

**Ingredients:**

1 pack of soba noodles (make the noodles just 20% of your plate)

250g pine nuts (pref organic)

1 cup of cold-pressed olive oil, flax oil or Udo's Choice

1 bunch of basil, plus parsley and coriander to taste

Himalayan Crystal Salt

Freshly ground pepper

Optional: extra veggies, steamed such as zucchini, broccoli, tomato (raw), rocket, peas etc...or serve with a big side salad of rocket.

**Instructions:**

- 1** Cook the soba noodles as per instructions on the packet. Remember to keep the noodles to 20% of the plate.
- 2** Give the herbs a good wash (basil, coriander and parsley) and blend these up with the pine nuts and a tiny amount of oil to get it going. Once these are blended, toss in the rest of the ingredients and blend until you get a creamy sauce.
- 3** At this stage if you're going to have with other veggies or a salad, prepare this now.
- 4** Once the veggies are ready and the noodles are cooked, I like to toss together with the pesto in a saucepan to warm gently. Season with salt and pepper and you're ready to go!

