

Alkaline/Acid Food Chart

80%
ALKALINE

20%
ACIDIC

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



alkalife is naturally occurring pristine alkaline water bottled at the source in the World Heritage listed Blue Mountains cavern area of Australia. It has a naturally high pH and it is rich in alkaline electrolytes.

Alkalise your body with alkalife today!

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NATURALLY ALKALINE MINERAL WATER