

Tim's Alkalizing/Acidifying Food Chart*

This chart lists the most alkalizing or acidifying foods. Neutral foods are not listed. Eating from both sides of the chart is important, but a proper balance should be 70% from the left alkalizing side and 30% from the right acidifying side to maintain health. However, most people are highly acidic, so an emphasis on the most alkalizing foods may be important to correct an imbalance. Alkalizing supplements like Alka-Balance can help quickly correct imbalance as well. It takes much more alkalizing food by volume to neutralize the acids from the most acidifying list. The most acidifying food should be eaten in moderation with small portions and proper neutralizing steps should be taken during and after the meal.

Most Alkalizing		Most Acidifying	
**Avocado	Pineapple	×Alcohol (Beer, Wine, Liquor)	×Fried Foods (esp. Fries)
Cantaloupe	Pumpkin Seed	×Artificial Sweeteners	Fruit Juices
Cayenne	**Raspberries	Beef	×Ice Cream
Cucumber	**Himalayan Rock Salt	Black Tea	Jams & Jellies
Endive	**Seaweed/Kelp	Cereals (Hot or Cold)	Pasta
Grapes/Raisins	Sprouts	Cheese	Pickles
Kiwifruit	**Sweet Potato	×Cigarettes & Tobacco	Pork
**Lemons	Tangerine	×Coffee	×Soft Drinks (esp. Cola)
**Lettuce & Leafy Greens	**Tomato	×Desserts	Soy Sauce
Mango	Vegetable Juices	×Drugs (Prescription & OTC)	×Sugar
Parsley	Watermelon	Flour (White or Wheat)	×Vinegar
Pears	**Wheatgrass		
Moderately Alkalizing		Moderately Acidifying	
Almonds	Collard Green	Beans (Canned or Dried)	Mayonnaise
Apple Cider Vinegar (Cloudy)	Dates/Figs	Bran	Milk (All)
Apples	Ginger	Breads	Mustard
Artichoke	Grapefruit	Butter	Olives
Asparagus	Green Beans	Casein	Peanuts
Avocado	Green Tea	Chicken	Pesticides/Herbicides
Bananas	Herbs	Chocolate	Popcorn
Beets	Kale	Corn	Poultry
Bell Pepper (Red & Yellow)	Limes	Corn Syrup	Prunes
Berries	Mushrooms	Cottage Cheese	Rice (White & Brown)
Brewer's Yeast	Oranges	Crackers	Rye
Broccoli	Papaya	Cranberries	Seafood
Cabbage	Peaches	Eggs	Seeds
Carrots	Raspberries	Fish	Soy (Processed)
Cauliflower	Spinach	Grains	Table Salt
Celery	Squash	Honey	Vegetable Oil
Cherries	Stevia	Ketchup	Whole Wheat Foods
Cilantro	Strawberries	Maple Syrup	
Coconut	Turnip		
Coconut Oil	Wild Rice		
Cod Liver Oil			

*Tim's Alkalizing/Acidifying Food Chart is for reference only and the accuracy of this information is not guaranteed. Use this information at your own risk! These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This represents how Tim corrected his acidic imbalance and is designed for his body only. Everyone is different and you may require a more personalized diet or supplementation routine as directed by a qualified health professional. Tim is not a medical doctor or licensed health professional.

**Tim's Favorite Foods
 × The Worst of the Worst