Definitive listing of acid & alkaline foods in an easy to read, easy to print chart
The Energise Acid/Alkaline Food List

Your 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 alkalising 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.
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 it’s 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

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

## Moderately Alkaline
- Avocado
- Beetroot
- Capsicum/Pepper
- Cabbage
- Celery
- Collard/Spring Greens
- 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
- Chives
- Courgette/Zucchini
- Leeks
- New Baby Potatoes
- Peas
- Rhubarb
- Swede
- Watercress
- Grapefruit
- Coconut
- Buckwheat
- Quinoa
- Spelt
- Lentils
- Tofu
- Other Beans & Legumes
- Goat & Almond Milk
- Most Herbs & Spices
- Avocado Oil
- Coconut Oil
- Flax Oil/ Udo’s Oil

## Neutral/ Mildly Acidic
- Black Beans
- Chickpeas/Garbanzos
- Kidney Beans
- Seitan
- Cantaloupe
- Currants
- Fresh Dates
- Nectarine
- Peas
- Plum
- Sweet Cherry
- Watermelon
- Amaranth
- Millet
- Oats/Oatmeal
- Spelt
- Soybeans
- 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
- Mango
- Mangosteen
- Orange
- Peach
- Papaya
- Pineapple
- Strawberry
- Brown Rice
- Oats
- 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
- Broccoli
- Chilli
- Capsicum/Pepper
- Courgette/Zucchini
- Dandelion
- Snowpeas
- Green Beans
- String Beans
- Runner Beans
- Spinach
- Kale
- Wakame
- Kelp
- Collards
- Chives
- Endive
- Chard
- Cabbage
- Sweet Potato
- Coriander
- Basil
- Brussels Sprouts
- Cauliflower
- Carrot
- Beetroot
- Eggplant/Aubergine
- Garlic
- Onion
- Parsley
- Celery
- Cucumber
- Watercress
- Lettuce
- Peas
- Broad Beans
- New Potato
- Pumpkin
- Radish

## Fruit!
- Avocado
- Tomato
- Lemon
- Life
- Grapefruit
- Fresh Coconut

## Grains & Beans!
- Amaranth
- Buckwheat
- Brown Rice
- Chia/Salba
- Kamut
- Millet
- Quinoa
- Spelt
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Soy Beans
- White Beans

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

## Nuts & Seeds!
- Almonds
- Coconut
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## 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

## 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
- Beef
- Clams
- Corned Beef
- Eggs
- Lamb
- Lobster
- Mussels
- Organ Meats
- Venison
- Fish

## Fruit!
- Apple
- Apricot
- Currants
- Dates
- Grapes
- Mango
- Peach
- Pear
- Prunes
- Raisins
- Raspberries
- Strawberries
- Berries
- 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
- Cheese
- Milk
- Whey
- Yogurt
- Cottage Cheese
- Ice Cream
- Sour Cream
- Soy Cheese
- Eggs

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

## Oils!
- Cooked Oil
- Solid Oil (Margarine)
- Oil Exposed to Heat, Light or Air

## Sauces!
- Mayonnaise
- Ketchup
- Mustard
- Soy Sauce
- Pickles
- Vinegar
- Tabasco
- Tamari
- Wasabi

## Other!
- Mushrooms
- Miso
- White Breads, Pastas, Rice & Noodles
- Chocolate
- Chips
- Pizza
- Biscuits
- Cigarettes
- Drugs
- Candy!
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 - and take the time to look at the ionizers - nothing beats ionized, alkaline water.