

80% Alkaline / 20% Acid

Alkaline/Acid Food Chart

Most Alkaline	Alkaline	Least Alkaline	FOOD CATEGORY	Least Acid	Acid	Most Acid
Stevia	Maple syrup, rice syrup	Raw honey, raw sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, 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, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	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 / DAIRY	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 of 8.17 (alkaline) which helps your body neutralise acidic waste.

Alkalise your body today with alkalife Natural Alkaline Water!

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1800 1800 26

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