

## RANKED FOODS: ALKALINE

Here's a chart that ranks foods from slight alkaline to strongest alkaline

### **Strongest Alkaline**

Lemons, Watermelon, pH 10 ionized alkaline water

**High  
Alkaline**



### **Strong Alkaline**

Cayenne, Dates, Figs, Fresh Fruit Juice, Limes, Pineapple, Grapes (sweet), Kiwifruit, Mango, Melons, Papaya, Passionfruit, Asparagus, Celery, Parsley, Watercress, pH 9.5 ionized alkaline water, Seaweeds, Kelp, Fresh Vegetable Juice,

### **Moderately Alkaline**

Apples (sweet), Apricots, Avocados, Bananas (ripe), Figs (fresh), Guavas, Grapefruit, Grapes (less sweet), Nectarines, Pears (less sweet), Peaches (sweet), Apples (sour), Raspberries, Strawberries, Currants, pH 8.5 - 9.0 ionized alkaline water

Garlic, Ginger (fresh), Herbs, (leafy green), Lettuce (leafy green), Alfaalfa sprouts, Lettuce (pale, green), Peas (fresh, sweet), Pumpkin (sweet), Beans (fresh, green), Beets, Bell Peppers, Broccoli, Cabbage, Carob, Cauliflower,

Grapes (sour), Oranges, Peaches (less sweet), Peas (less sweet), Potatoes (with skin), Pumpkin (less sweet), Squash, Sweet Corn (fresh), Turnip, Vinegar (apple cider)

### **Slightly Alkaline**

Almonds, Chestnuts (dry, roasted), Artichokes (Jerusalem), Brussel Sprouts, Cucumbers, Eggplant, Onions, Radishes, Leeks, Mushrooms, Okra, Olives (ripe), Pickles( homemade)

Cherries, Coconut (fresh), Honey (raw), Sea Salt, Spices, Tomatoes(sweet), Sprouted Grains

Egg Yolks (soft cooked), Essene Bread, Goat's Milk, and Whey (raw), Mayonnaise homemade, Soy Beans (dry), Soy Cheese, Soy Milk, Tofu, Olive Oil, Sesame Seeds whole, Tomatoes (less sweet), Yeast nutritional flakes, Vinegar (sweet brown rice)