



Acidic food chart

1. Highly Acidic

- Alcohol
- Coffee & Black Tea
- Fruit Juice (Sweetened)
- Cocoa
- Honey
- Jam
- Jelly
- Mustard
- Soy Sauce
- Vinegar
- Yeast
- Dried Fruit
- Beef
- Chicken
- Eggs
- Farmed Fish
- Pork
- All Dairy – Milk, Cheese, Yoghurt
- Artificial Sweeteners Syrup
- Mushroom

2. Moderate Acidic

- Natural Fresh Juice
- Ketchup
- Mayonnaise
- Butter
- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cranberry
- Grapes
- Mango
- Orange
- Peach
- Papaya

- Pineapple
- Strawberry
- Brown Rice
- Oats
- Rye Bread
- Wheat
- Wholemeal Bread
- Wild Rice
- Wholemeal Pasta
- Ocean Fish

3. Mildly Acidic

- Black Beans
- Chickpeas
- Kidney Beans
- Currants
- Fresh Dates
- Nectarine
- Plum
- Sweet Cherry
- Watermelon
- 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