

Alkaline & Acidic Foods Chart: The pH Spectrum

BY MINDBODYGREEN JUNE 15, 2012 1:00 PM EDT

MBG wellness expert, [Kris Carr](#) gave us a great [introduction to pH](#), now check out this informative chart on the pH spectrum, which summarizes what foods are acidic or alkaline forming.

What do you think?



- 3** Carbonated Water, Club Soda, Energy Drinks
- 4** Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet
- 5** Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,
- 6** Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

- 7** **Neutral pH**
Most Tap Water, Most Spring Water, Sea Water, River Water
- 8** Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas
- 9** Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas
- 10** Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion