



Acid & Alkaline Foods

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Vegetable Juices, Parsley, Raw Spinach, Broccoli, Celery, Garlic, Barley Grass	Carrots, Avocados, Green Beans, Lima Beans, Beets, Lettuce, Zucchini, Sprouts, Watercress, Carob	Squash, Asparagus, Tomato, Rhubarb, Fresh Corn, Mushrooms, Onions, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato, Olives, Soybeans, Tofu	Sweet Potato, Cooked Spinach, Kidney Beans	Pinto Beans, Navy Beans, Lentils	Pickled Vegetables
FRUIT	Dried Figs, Raisins	Dates, Blackcurrant, Grapes, Papaya, Kiwi, Berries, Apples, Pears	Fresh Coconut, Sour Cherries, Oranges, Cherries, Pineapple, Peaches, Avocados, Grapefruit, Mangoes, Strawberries, Papayas, Lemons, Watermelon, Limes	Blueberries, Cranberries, Bananas, Plums, Processed Fruit Juices	Canned Fruit	
GRAINS, CEREALS			Amaranth, Lentils, Sweetcorn, Wild Rice, Quinoa, Millet, Buckwheat	Rye Bread, Whole Grain Bread, Oats, Brown Rice	White Rice, White Bread, Pastries, Biscuits, Pasta	
MEAT				Liver, Oysters, Organ Meat	Fish, Turkey, Chicken, Lamb	Beef, Pork, Veal, Shellfish, Canned Tuna & Sardines
EGGS & DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Buttermilk, Whey	Whole Milk, Butter, Yogurt, Cottage Cheese, Cream, Ice Cream	Eggs, Camembert, Hard Cheese	Parmesans, Processed Cheese
NUTS & SEEDS		Hazelnuts, Almonds	Chestnuts, Brazils, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
OILS			Flax Seed Oil, Olive Oil, Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Cocoa	Wine, Soda/Pop	Tea (black), Coffee, Beer, Liquor, Sports Drinks, Gatorade
SWEETENERS, CONDIMENTS, MISC	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar, Molasses	White Sugar, Processed Honey	Milk Chocolate, Brown Sugar, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Aspirin, Tobacco, Prescription & OTC Drugs

