

## Acidic Fruits & Alkaline Fruits

Mildly Acidic



Blueberry

Sweet Cherry



Canned Tomatoes

Cranberry



Dried Figs



Grapefruit



Alkaline



Acai Berry

Banana



Cantaloupe



Cranberry



Dried Figs



Grapefruit



Alkaline



Apple

Black Currant



Tart Cherry



Dates



Figs



Grapes



Alkaline



Apricot

Blackberries



Coconut



Dragon Fruit



Gooseberry



Italian Plum



Highly Alkaline



Avocado

Figs



Goji Berries



Kiwi



Lemons



Limes





**Mandarin Orange**



**Mango**



**Nectarine**



**Orange**



**Papaya**



**Peach**



**Pear**



**Pineapple**



**Pomegranate**



**Raspberry**



**Red Currant**



**Rose Hips**



**Strawberry**



**Tangerine**



**Tomato**



**Tangerine**



**Watermelon**



**Yellow Plum**

## Grains

Acidic



**Bulgur Rice**



**Corn**



**Pasta**



**Wheat**



**White Rice**

Mildly Acidic



**Barley**



**Brown Rice**



**Oat**

Mildly Acidic



**Basmati Rice**



**Kamut**



**Spelt**

Alkaline



**Amaranth**



**Barley Grass**



**Buckwheat**



**Quinoa**



**Wild Rice**

Highly Alkaline

# Legumes

**Acidic**



**Black Bean**



**Kidney Beans**

**Mildly Acidic**



**Chickpeas**

**Mildly Alkaline**



**Lentils**



**Mung Beans**

**Mildly Alkaline**



**Lima Beans**



**Navy Beans**



**Red Beans**



**White Bean**

**Alkaline**



**Green Beans**



**Soy Lecithin**



**Sprouted Beans**



**Pinto Beans**



**Soy Beans**

# Vegetables

Acidic	Mildly Alkaline	Alkaline	Alkaline	Highly Alkaline
 <b>Canned Vegetables</b>	 <b>Basil</b>	 <b>Artichokes</b>	 <b>Bok Choy</b>	 <b>Alfalfa</b>
 <b>Cooked Vegetables (All)</b>	 <b>Bell Peppers</b>	 <b>Brussels Sprouts</b>	 <b>Cabbage</b>	 <b>Broccoli</b>
 <b>Frozen Vegetables</b>	 <b>Cauliflower</b>	 <b>Cayenne Pepper</b>	 <b>Celery</b>	 <b>Cucumber</b>
 <b>Pickled Vegetables</b>	 <b>Chives</b>	 <b>Cilantro</b>	 <b>Comfrey</b>	 <b>Dandelion</b>
 <b>Sauerkraut</b>	 <b>Lamb's Lettuce</b>	 <b>Endive (Fresh)</b>	 <b>Garlic</b>	 <b>Dog Grass</b>
	 <b>Onion</b>	 <b>Lettuce</b>	 <b>Mustard Greens</b>	 <b>Kale</b>



**Parsnips**



**Oregano**



**Peppers**



**Kamut Grass**



**Peas (Fresh)**



**Pumpkins**



**Red Cabbage**



**Shave Grass**



**Rhubarb  
Stalks**



**Savoy  
Cabbage**



**Sorrel**



**Soy Sprouts**



**Squash**



**Spinach**



**Tomatoes  
(Raw)**



**Sprouted Seeds  
(All)**



**Thyme**



**Wheat Grass**



**Watercress**



**Zucchini**

## Roots

**Mildly Alkaline**



**Carrot**



**Rutabaga**



**White Radish**

**Mildly Alkaline**



**Kohlrabi**



**Sweet Potatoes**



**Yams**

**Mildly Alkaline**



**Potato**



**Turnip**

**Alkaline**



**Ginseng**



**Beetroot**



**Red Radish**

**Highly Alkaline**



**Ginger**



**Jicama**



**Black Radish**

## Nuts & Seeds

Acidic	Mildly Acidic	Mildly Alkaline	Mildly Alkaline	Mildly Alkaline
				
<b>Peanut Butter</b>	<b>Brazil Nuts</b>	<b>Almonds</b>	<b>Almond Butter (Raw)</b>	<b>Pine Nuts (Raw)</b>
				
<b>Peanuts</b>	<b>Cashews</b>	<b>Caraway Seeds</b>	<b>Cumin Seeds</b>	<b>Fennel Seeds</b>
				
<b>Pistachios</b>	<b>Hazelnut</b>	<b>Sesame Seeds</b>	<b>Flax Seeds</b>	<b>Pumpkin Seeds</b>
				
<b>Pecans</b>	<b>Macadamia Nuts</b>	<b>Sunflower Seeds</b>		
				
<b>Chestnuts</b>	<b>Nutmeg</b>			
				
<b>Wheat Kernel</b>	<b>Walnuts</b>			



## Sweets & Sweeteners

Highly Acidic



Artificial Sweeteners



Beet Sugar



Corn Syrup



Sugar (White)

Acidic



Brown Rice Syrup



Chocolates



Sugarcane



Saccharine

Mildly Acidic



Agave Nectar



Honey



Mildly Acidic



Barley Malt Syrup



Maple Syrup

Alkaline



Blackstrap Molasses



Stevia

## Bread

Acidic



Corn Tortillas

Acidic



Pancake

Mildly Acidic



Rye Bread

Mildly Acidic



Sprouted Bread

Mildly Acidic



Wheat Bread



Sourdough Bread



White Bread



White Biscuits



Whole-meal Bread



Spelt Bread

## Fats & Oil

Mildly Acidic



Canola Oil

Mildly Acidic



Corn Oil

Mildly Alkaline



Avocado Oil

Mildly Alkaline



Borage Oil

Mildly Alkaline



Coconut Oil



Cod Liver Oil



Margarine



Evening Primrose Oil



Flax Seed Oil



Marine Lipids



Sunflower Oil



Olive Oil



Sesame Oil



Udo's Oil

## Dairy

Acidic



**Cheese (All)**

Acidic



**Butter**

Acidic



**Cream**

Acidic



**Egg Whites**

Mildly Acidic



**Buttermilk**



**Eggs (Whole)**



**Ice Cream**



**Milk  
(Pasteurized)**



**Sour cream**



**Raw Milk**



**Yogurt (All)**

## Meat, Poultry & Fish

Highly Acidic



Bacon

Highly Acidic



Beef

Acidic



Carp

Acidic



Chicken

Acidic



Clams>



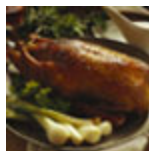
Buffalo



Canned Sardines



Cod



Duck



Fresh Water Fish



Canned Tuna



Lamb>



Liver



Lobster



Mussels



Organ Meat



Pork



Ocean Fish



Oyster



Pike



Sausage



Turkey



Rabbit



Scallops



Salmon



Venison



Veal



Sardines



Shellfish



Shrimp

## Beverages & Drinks

**Acidic**



**Beer**



**Liquor**

**Acidic**



**Coffee**



**Soda / Pop**

**Acidic**



**Fruit Juice  
(Sweetened)**



**Black Tea**

**Acidic**



**Water  
(Sparkling)**



**Wine**

**Alkaline**



**Fruit Juice  
(Natural)**



**Tea (Herbal,  
Green)**



**Water (Fiji, Evian)**

## Miscellaneous

Highly Acidic



Candy



Chips



Cigarettes



Drugs



Pizza



Mustard

Acidic



Canned Foods



Cereals (Like Kelloggs)



Microwaved Foods



Miso



Popcorn



Ketchup

Mildly Acidic



Hummus



Mushrooms



Rice Milk



Soy Milk



Soy Protein Powder



Whey Protein Powder

Mildly Alkaline



Apple Cider Vinegar



Bee Pollen



Royal Jelly



Tempeh



Tofu



Soy Sauce

Alkaline



Baking Soda



Goat Milk



Almond Milk