

Alkaline-Forming		Acid-Forming	
Alfalfa	Grapes	VEGETABLES	ACIDIFYING NUTS & BUTTERS
Barley Grass	Grapefruit	Corn	Cashews
Beets	Honeydew Melon	Lentils	Legumes
Beet Greens	Lemon	Olives	Peanuts
Broccoli	Lime	Winter Squash	Peanut Butter
Cabbage	Muskmelons	FRUITS	Pecans
Carrot	Nectarine	Blueberries	Tahini
Cauliflower	Orange	Canned or Glazed Fruits	Walnuts
Celery	Peach	Cranberries	ACIDIFYING ANIMAL PROTEIN
Chard Greens	Pear	Currants	Bacon
Chlorella	Pineapple	Plums	Beef
Collard Greens	Raisins	Prunes	Carp
Cucumber	Raspberries	GRAINS, GRAIN PRODUCTS	Clams
Daikon	Rhubarb	Amaranth	Cod
Dandelion Root	Strawberries	Barley	Corned Beef
Dandelions	Tangerine	Bran, wheat	Fish
Dulce	Tomato	Bran, oat	Haddock
Edible Flowers	Tropical Fruits	Corn	Lamb
Eggplant	Umeboshi Plums	Cornstarch	Lobster
Fermented Veggies	Watermelon	Hemp Seed Flour	Mussels
Garlic	ALKALIZING PROTEIN	Kamut	Organ Meats
Green Beans	Almonds	Oats (rolled)	Oyster
Green Peas	Chestnuts	Oatmeal	Pike
Kale	Millet	Quinoa	Pork
Kohlrabi	Tempeh (fermented)	Rice (all), Brown Rice is mildly acidic	Rabbit
Shitake	Tofu (fermented)	Rice Cakes	Salmon
Kombu	Whey Protein Powder	Rye	Sardines
Lettuce	ALKALIZING SWEETENERS	Spelt	Sausage
Maitake	Stevia	Wheat	Scallops
Mushrooms	ALKALIZING SPICES & SEASONINGS	Wheat Germ	Shrimp
Mustard Greens	Cinnamon	Noodles	Scallops
Nightshade Veggies	Curry	Macaroni	Shellfish
Nori	Ginger	Spaghetti	Tuna
Onions	Mustard	Bread	Turkey
Parsnips (high glycemic)	Chili Pepper	Crackers, soda	Veal
Peas	Sea Salt	Flour, white	Venison
Peppers	Miso	Flour, wheat	ACIDIFYING FATS & OILS
Pumpkin	Tamari	ACIDIFYING BEANS &	Avacado Oil
Radishes			Butter
Reishi			
Rutabaga			
Sea Veggies			

<p>Spinach, green Spirulina Sprouts Sweet Potatoes Tomatoes Umeboshi Wakame Watercress Wheat Grass Wild Greens</p> <p>FRUITS Apple Apricot Avocado Banana (high glycemic) Berries Blackberries Cantaloupe Cherries, sour Coconut, fresh Currants Dates, dried Figs, dried</p>	<p>All Herbs</p> <p>ALKALIZING OTHER Apple Cider Vinegar Bee Pollen Lecithin Granules Molasses, blackstrap Probiotic Cultures Soured Dairy Products Green Juices Veggie Juices Fresh Fruit Juice Mineral Water Alkaline Antioxidant Water</p>	<p>LEGUMES Black Beans Chick Peas Green Peas Kidney Beans Lentils Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk</p> <p>ACIDIFYING DAIRY Butter Cheese Cheese, Processed Ice Cream Ice Milk</p> <p>ACIDIFYING DRUGS & CHEMICALS Aspirin Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides Tobacco</p>	<p>Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil</p> <p>ACIDIFYING SWEETENERS Carob Sugar Corn Syrup</p> <p>ACIDIFYING ALCOHOL Beer Spirits Hard Liquor Wine</p> <p>ACIDIFYING OTHER FOODS Catsup Cocoa Coffee Vinegar Mustard Pepper Soft Drinks</p>
--	--	--	---