

Acid Forming Foods

Meat/Poultry/ Seafood	Beverages
Beef	Wine
Chicken	Bear
Clams	Liquor
Crab	Coffee
Duck	Processed juices
Fish	Soda drinks
Goose	Sport drinks
Lamb	Black tea
Lobster	Fruits/Vegetables
Mutton	Preserved fruits
Oysters	Preserved vegetables
Pork	Caned fruits
Shellfish	Caned vegetables,
Turkey	Artificially dried,
Veal	roasted, sweetened
	fruits and vegetables
Condiments	Fruits and vegetables
Dressings	with sugar
Jams	Glazed fruits
Ketchup	Jellied fruits
Mayonnaise	Processed vegetables
Mustard	White tips asparagus
Soy sauce	Caned olives
Vinegar	Pickled vegetables
Breads/Flours	Nuts/Seeds
Cereals	Cashews
Corn (processed)	Peanuts
Corn meals	Roasted nuts
Cornstarch	Salted nuts
Hamburger buns	Walnuts
Hotdog buns	
Kaiser rolls	Grains/Legumes
Pasta (all, except	Brown rice
vegetable pasta	Wheat
and spelt pasta)	White rice
Pita bread	
Rye bread	Dairy Products
Rye flour	Butter
White bread	Cheeses
	Eggs & egg products
	Milk
Fats	Sweets
Butter	Artificial sweeteners
Canola oil	Cakes
Corn oil	Cookies
Margarine	Pies
Vegetable oil	Chocolate
	Doughnuts,
	Sugar (white and raw)

Alkaline Forming Foods

Vegetables	Fruits
Alfalfa	Avocado
Artichokes	Banana (unripe)
Asparagus (green tips)	Grapefruit (sour)
Bamboo shoots	Lemon
Beans	Lime
Beets	Tomatoes
Beet tops	
Bell Peppers	Grains/Legumes
Broccoli	Buckwheat
Cabbage (white)	Millet
Carrot tops	Spelt
Carrots	Lentils
Cauliflower	Lima beans
Celery	Soybeans
Chard	White beans
Chayote	
Chicory	Beverages
Chives	Fresh coconut water
Coconut	Distilled water
Collards	
Cucumbers	Fats/Oils
Dandelions	Olive oil
Dills	Flaxseed oil
Dock greens	
Eggplant	Non-Dairy Products
Endives	Goat Milk
Garlic	Goat Cheese
Greens (leafy)	Tofu
Horseradish	
Jerusalem artichoke	Breads/Flours
Kale	Soy flour
Kelp	Sprouted bread
Leek	Spelt Bread
Lettuce	
Okra	Nuts & Seeds
Olives (ripe)	Almonds
Onion	Cumin seeds
Oyster plant	Fennel seeds
Parsley	Sesame seeds
Parsnips	Soy nuts
Peas (fresh)	
Pumpkin	
Radish	
Rutabagas	
Spinach	
Sprouts (all)	
Summer squash	
Swiss chard	
Turnips	
Watercress	
Wheat grass	
Zucchini	