

Degree of Alkaline-Forming Foods					Degree of Acid-Forming Foods							
Highly	Moder	ately	Low	Very Low	Very	$\overline{}$		Low	Moderately	Π	Highly	
Alkaline	Alkaline		Alkaline	Alkaline	Aci			Acid	Acid		Acid	
baking soda	apricots		almonds	alfalfa	amaranth		aduki l		barley groats		ial sweeteners	
chlorella	arugula			avocado oil			alcoho		bear			
dulce	asparag		apples	banana	brown rice		almond oil		casein beef			
lemons	banchi te	ea	avocado	beet	butter				chestnut oil	beer		
lentils	broccoli		bell pepper	blueberry	canola oil		black i		chicken coffee	brazil		
limes lotus root	cantalou	pe	blackberry	brussel sprout	chicken		boar	tea	corn			
mineral water	cashews		cabbage cauliflower	celery coconut oil	chutney		buckwheat		corn oil		ı ıseed oil	
nectarine			cherry	cucumber	cream		chard	riieat	cottage cheese			
onion	cayenne		cod liver oil	currant	curry		cow n	nilk	cranberry	mage emerce mice		
persimmon	citrus	13	collard green	duck eggs	dates		elk	IIIIK	eggs (poached)	hops	iuts	
pineapple	dandelion		eggplant	fermented veggies	dry fruit		farina		garbanzo beans		eam	
pumpkin seed	dandelion tea		ginseng	flax oil	fava beans		goat n	nilk	green peas	jam	Cum	
raspberry	dewberry		green tea	ginger tea	figs		goose		lard	ielly		
sea salt	edible flo	•	•	grain coffee	fish		kamut		naize lobs		r	
sea vegetables	endive		mushrooms	grapes	gelatin			beans	milk protein	malt		
seaweed	garlic		papaya	hemp seed oil	goat/sheep cheese		lamb		mussels		pheasant	
spirulina	3		peach	japonica rice	grape seed oil		lima be	eans	nutmeg		soft drinks	
sweet potato	et potato ginseng tea erine grapefruit		pear	lettuces	guava		milk		oat bran	soybe	an	
tangerine	-		potato	oats	honey		muttor	1	other legumes	sugar		
taro root	nt herbal tea		primrose oil	okra	kasha		navy t	beans	palm kernel oil	table	salt	
watermelon	termelon honeydew kale		pumpkin	olive oil	maple syrup		pinto b	peans	peanuts wa		its	
			quail eggs	orange	millet		plum		pecans	white	vinegar	
	kambuch	na	rice syrup	quinoa	organs		prune		pomegranate	yeast		
molasses		rutabaga	raisins	pine nuts		red be	ans	oork				
kelp			sake	sprouted seeds	pumpkin seed oil		safflo	wer oil	rye			
kiwifruit		sesame seed	squashes	rabbit		seitan		snow peas				
kohlrabi			sprouts	strawberry rhubarb			semoli		soy milk			
kombuch				sunflower seeds spinach					veal			
loganber		ry		tahini	string beans		shell f					
mango				tempeh	sunflower oil		soy cheese					
mustard		green		turnip greens	venison		spelt					
olive				umeboshi vinegar			tofu					
parsley				wild rice wild duck		tomatoes						
parsnip		Eart 14			zucchini		turkey					
passion		ruit					vanilla wheat					
	pepper							beans				
	soy sau	ce					white					
	spices					FOOL		rice				
Most Alkali	ine		Alkaline	Lowest Alka	line	CATEGO		Lowest Acid	d Acid		Most Acid	
Stevia Ma		Mag	ole Syrup, Rice Syrup	Raw Honey, Raw Sugar		SWEETE!	ENERS Processed Hot Molasses				NutraSweet, Equal, Aspartame, Sweet 'N Low	
Grapefruit, Mangoes, Par		Papa	, Figs, Melons, Grapes, aya, Kiwi, Blueberries, pples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados		FRUIT	Plums, Proces Fruit Juice		s Rhubarb		Blackberries, Cranberries, Prunes	
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic		Beets, C	, Squash, Green Beans, Celery, Lettuce, Zucchini, weet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu		BEAN VEGETAI LEGUM	BLES	Cooked Spina Kidney Bean String Bean	ns, Savy Beans Lime		Chocolate	
			Almonds	Chestnut	s	NUTS SE	EDS	Pumpkin See Sunflower See		hews	Peanuts, Walnuts	
Otive Oil		Flax Seed Oil		Canola Oil		OILS		Corn Oil				
				Amaranth, Millet, Wild Rice, Quinoa			CEREALS			White Rice, Corn, Buckwheat, Oats, Rye		
						MEATS		Venison, Col Water Fish		Turkey, Chicken, Lamb		
		Breast Milk		Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey				Eggs, Butter Yogurt, Buttermilk Cottage Chee	Raw Mi	Raw Milk		
Herb Teas, Lemo	n Water		Green Tea	Ginger Te	a	BEVERA	GES	Tea	Coffee		Beer, Soft Drinks	

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blackberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee www.ac	Beer, Soft Drinks cidalkalinediet.org