Acid & Alkali food List

Acidic Forming Foods		Alkali Forming Foods	
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Meat/Poultry/Sea	Beverages	Vegetables	Fruits
food Beef	Wine Beer	Alfalfa	Avocado
Chicken	Liquor	Alfalfa grass Alfalfa sprouts	Banana (unripe) Grapefruit (sour)
Clams	Coffee	Artichokes	Lemon/Lime
Crab	Processed juices	Asparagus (green	Tomatoes
Duck	Soda drinks	tips)	Tomacoes
Fish	Sport drinks	Bamboo shoots	Grains/Legumes
Goose	Black tea	Beans	Buckwheat
Lamb	Diack tou	Beets	Millet
Lobster	Fruits/Vegetables	Beet tops	Spelt Lentils
Oysters	Preserved fruits	Bell Peppers	Lima beans
Pork	Preserved	Broccoli	White beans
Shellfish	vegetables	Cabbage (white)	
Turkey	Canned fruits	Carrot tops	Beverages
Veal	Canned,	Carrots	Fresh coconut water
	Artificially dried,	Cauliflower	Distilled water
Condiments/Dres	roasted,	Celery	
sings	sweetened	Chard	Fats/Oils
Jams	Glazed fruits	Chayote	Olive oil
Ketchup Mayonnaise	Jellied fruits	Chicory	Flaxseed oil
Mustard	Processed veggies	Chives	
Soy sauce	White tips	Collards	Dairy Products
Vinegar	Asparagus	Cucumbers	Goat milk
Duesde (Flaune	Canned olives	Dandelions	Goat cheese
Breads/Flours Cereals	Pickled vegetables	Dills Endives	Broods / Elours
	Nute / Soode	Garlic	Breads/Flours Sprouted bread
Corn (processed) Corn meals	Nuts/Seeds Cashews	Greens (leafy)	Spelt bread
Cornstarch	Peanuts	Horseradish	Quinoa
Pasta (all, except	Roasted nuts	Jerusalem artichoke	Spelt Pasta
Vegetable pasta and	Salted nuts	Kale	operer used
Spelt pasta)	Walnuts	Kelp	Nuts & Seeds
Rye bread	Grains/Legumes	Leek	Almonds
Rye flour	Brown rice	Lettuce	Cumin seeds
White biscuit	Wheat White rice	Okra	Fennel seeds
White bread		Olives (ripe/black)	Sesame
Whole grain bread	Sweets	Onion	
Whole meal bread	Artificial sweeteners	Oyster plant	
	Barley malt sugar	Parsley	
Fats	Molasses	Parsnips	
Butter	Pies	Peas (fresh)	
Canola oil	Sugar, refined cane	Pumpkin	
Corn oil	Beet sugar	Radish	
Margarine/Vegetabl e oil Sunflower oil	Cakes Chocolate	Rutabagas	
	Cookies	Spinach Sprouts (all)	
Dairy Products	Doughnuts	Summer squash	
Butter	Honey	Swiss chard	
Cheeses		Turnips	
Eggs & egg products		Watercress	
Milk		Wheat grass	
		Zucchini	