

Alkaline and Acid Forming Foods

Eat 80% from the Alkaline Food list

Eat 20% from the Acid Food List

Most Alkaline	Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Acid	Most Acid
Stevia, Agave	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	<i>SWEETENERS</i>	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Splenda, Aspartame, Sweet 'N Low
Lemons, Limes, Mangoes, Papayas, Avocado	Dates, Grapes, Kiwi, Apples, Raisins	Oranges, Unripe Bananas, Sour Cherries, Peaches, Coconut	<i>FRUITS</i>	Plums, Processed Fruit Juices, Strawberries, Watermelon, Grapefruit, Figs	Apricots, Rhubarb, Cantaloupe, Currant, Pear, Tangerine,	Blueberries, Cranberries, Prunes, Pineapple
Asparagus, Onions, Most Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Cucumber, Red Radish	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob, Sorrel, Endive, Cayenne	Carrots, Tomatoes, Fresh Corn, Chives, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Turnip, Lima Beans, Artichokes, Cauliflower, Kholrabi, Rutabaga, Horseradish, Navy Beans	<i>BEANS VEGETABLES LEGUMES</i>	Cooked Spinach, Kidney Beans, String Beans	Potatoes (no skins), Pinto Beans	Chocolate
Soy nuts – soaked & air dried	Almonds, Hazelnuts	Chestnuts, Sesame, Cumin, Fennel, Caraway	<i>NUTS and SEEDS</i>	Pumpkin Seeds, Sunflower Seeds, Filberts, Brazil Nuts, Flax	Pecans, Cashews	Peanuts, Walnuts, Pistachios
Evening Primrose	Flax Seed Oil, Borage Oil	Olive Oil	<i>OILS</i>	Butter	Canola Oil, Sunflower Oil	Margarine
Alfalfa, Barley, Kamut Grasses; Oat straw, Horsetail, Soy and Radish sprouts, Dandelion	Alfalfa, mung bean, broccoli, wheat and other sprouts	Amaranth, Millet, Wild Rice, Quinoa	<i>GRAINS CEREALS HERBS</i>	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat Bread, White Flour, Pastries, Pasta
			<i>MEATS</i>	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey, Buttermilk	<i>EGGS and DAIRY</i>	Eggs, Butter, Yogurt, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea, Some Herb Coffee Substitutes	Ginger Tea	<i>BEVERAGES</i>	Black Tea	Coffee	Beer, Soft Drinks