

Alkaline Vs. Acid Foods

Alkaline Food			Acidic Foods		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider	Avocado Oil	Cashews	Chemicals
Asparagus	Apricot	Vinegar	Canola Oil	Brazil Nuts	Drugs,
Fermented Veggies	Avocado	Bee Pollen	Corn Oil	Peanuts	Medicinal
Watercress	Banana (high glycemic)	Lecithin	Hemp Seed Oil	Peanut Butter	Drugs,
Beets	Cantaloupe	Granules	Flax Oil	Pecans	Psychedelic
Broccoli	Cherries	Probiotic	Lard	Tahini	Pesticides
Brussel sprouts	Currants	Cultures	Olive Oil	Walnuts	Herbicides
Cabbage	Dates/Figs	Green Juices	Safflower Oil	ANIMAL PROTEIN	ALCOHOL
Carrot	Grapes	Veggies Juices	Sesame Oil	Beef	Beer
Cauliflower	Grapefruit	Fresh Fruit Juice	Sunflower Oil	Carp	Spirits
Celery	Lime	Organic Milk (unpasteurized)		Clams	Hard Liquor
Chard	Honeydew	Mineral Water	FRUITS	Fish	Wine
Chlorella	Melon	Alkaline	Cranberries	Lamb	BEANS & LEGUMES
Collard	Nectarine	Antioxidant		Lobster	Black Beans
Greens	Orange	Water	GRAINS	Mussels	Chick Peas
Cucumber	Lemon	Green Tea	Rice Cakes	Oyster	Green Peas
Eggplant	Peach	Herbal Tea	Wheat	Pork	Kidney Beans
Kale	Pear	Dandelion Tea	Cakes	Rabbit	Lentils
Kohlrabi	Pineapple	Ginseng Tea	Amaranth	Salmon	Lima Beans
Lettuce	All Berries	Banchi Tea	Barley	Shrimp	Pinto Beans
Mushrooms	Tangerine	Kombucha	Buckwheat	Scallops	Red Beans
Mustard	Tomato	SWEETENERS	Corn	Tuna	Soy Beans
Greens	Tropical Fruits	Stevia	Oats	Turkey	Soy Milk
Dulce	Watermelon	SPICES/SEASONINGS	(rolled)	Venison	White Beans
Dandelions	PROTEIN	Cinnamon	Quinoid	PASTA (WHITE)	Rice Milk
Edible	Eggs	Curry	Rice (all)	Noodles	Almond Milk
Flowers	Whey Protein	Ginger	Rye	Macaroni	
Onions	Powder	Mustard	Spelt	Spaghetti	
Parsnips	Cottage Cheese	Chili Pepper	Kamut	OTHER	
(high glycemic)	Chicken	Sea Salt	Wheat	Distilled	
Peas	Breast	Miso	Hemp Seed Flour	Vinegar	
Peppers	Yogurt	Tamari	DAIRY	Wheat Germ	
Pumpkin	Almonds	All Herbs	Cheese,	Potatoes	
Rutabaga	Chestnuts	ORIENTAL VEGETABLES	Cow		
Sea Veggies	Tofu	Maitake	Cheese,		
Spirulina	(fermented)	Daikon	Goat		
Sprouts	Flax Seeds	Dandelion Root	Cheese,		
Squashes	Pumpkin Seeds	Shitake	Processed		
Alfalfa	Tempeh	Kombu	Cheese,		
Barley Grass	(fermented)	Reishi	Sheep		
Wheat Grass	Squash Seeds	Nori	Milk		
Wild Greens	Sunflower Seeds	Umeboshi	Butter		
Nightshade	Millet	Wakame			
Veggies	Sprouted Seeds	Sea Veggies			
	Nuts				