

A list of Acid / Alkaline Forming Foods

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