

HIGH ALKALINE	MEDIUM ALKALINE	LOW ALKALINE	FOOD GROUPS	LOW ACIDIC	MEDIUM ACIDIC	HIGH ACIDIC
<p>Lentils</p> <p>Lemon Water Teas, herbal Mineral Water Fresh Juice</p> <p>Dates, raw Grapefruit Grapes, sweet Kiwi Lemons Limes Mangos Melons Papaya Pineapple Plums, umeboshi Raisins Tangerines</p> <p>Baking Soda Stevia</p> <p>Asparagus Onions Parsley Sea Veggies</p>	<p>Carob</p> <p>Kombucha, Tea, green Vinegar, Apple Cider</p> <p>Alfalfa Sprouts</p> <p>Apples, sweet Apricots Avocados Bananas, ripe Figs Grapes, sour Nectarines Oranges Peaches, Pears Raspberries Strawberries Chestnuts, raw</p> <p>Flax Seed Ginger, raw Molasses: blackstrap, unsulphered Pepper Sea Salt Spices, most Tamari</p> <p>Alfalfa Sprouts Arugula Bamboo Shoots Beets Bell Peppers Broccoli Cabbage Cauliflower Carrot Celery Corn, sweet Fresh Herbs Garlic Green Beans, fresh Kale Lettuce Mustard Green Parsnips Sweet Peas Potato with Skins Pumpkin, raw Spinach Squash Sweet Potato Turnips</p>	<p>Tea, Ginger, Ginseng, Mu Vinegar, sweet brown rice</p> <p>Amaranth Bread, Essene Grains, sprouted Millet, Quinoa Rice, japonica & wild</p> <p>Cheese, Milk:, goat & soy Egg, yolks, soft cooked Eggs, quail & duck</p> <p>Apples, sour Blackberries Cherries, sweet Rhubarb Olives, ripe</p> <p>Almonds Coconut, fresh Chestnuts, dry roasted Pumpkin, Sunflower, Sesame: raw, unsalted</p> <p>Avocado, Coconut Oil Flax, Olive Oil Primrose Oil</p> <p>Barley-Malt Honey, raw Horseradish Sugar, raw Maple Syrup Syrup, brown rice Mayonnaise, homemade</p> <p>Artichokes Brussel Sprouts Chive Cilantro Collard Greens Cucumber Eggplant Miso Mushrooms Okra Onions Pickles, homemade Radishes Rutabagas Soy Beans, Tofu Sprouts Tomatoes Water Chestnut Zucchini</p>	<p>BEANS AND LEGUMES</p> <p>DRINKS AND LIQUIDS</p> <p>CEREAL AND GRAINS</p> <p>DAIRY</p> <p>FRUITS</p> <p>MEATS</p> <p>NUTS AND SEEDS</p> <p>OILS</p> <p>SWEETENERS, SPICES AND CONDIMENTS</p> <p>VEGETABLES</p>	<p><i>Most Beans become Alkaline when sprouted</i> Adzuki, Fava, Garbanzo Kidney, Lima, Mung Navy, Pinto, Red Soy Beans, cooked</p> <p>Tea, Vinegar, balsamic</p> <p>Barley, Bran, Cornmeal Bread, wheat, sprouted Cereals, unrefined & sweetened with honey, fruit or maple syrup Crackers, rice or wheat, unrefined Farina, Kasha Pasta, Pastry: whole grain Spelt, Tapioca</p> <p>Butter, salted Buttermilk Cheese, mild or crumbly Cottage Cheese Cream Egg, whites Yogurt, plain</p> <p>Dried Fruits Processed Juices Blueberries, Cranberry Coconut, dry Olives, pickled Plums & Prunes</p> <p>Fish Game Meat & Organs</p> <p>Most Nuts Pumpkin, Sesame & Sunflower Seeds, heated or salted</p> <p>Almond, Corn Oil Grape Seed Oil Safflower Oil Sesame, Sunflower Oil</p> <p>Curry, Nutmeg, Vanilla Fructose, Gelatin Honey, unprocessed Maple Syrup, unprocessed Molasses, organic, unsulphered Chard, Spinach Popcorn with Butter</p>	<p>Fruit Juices, added sugar Wine</p> <p>Barley Groats Bread, wheat, organic, sprouted Buckwheat, refined Cereal, refined Corn Oats Rice, basmati, brown & white Rye Wheat Germ Whole Wheat Products</p> <p>Cheese, sharp Egg, whole cooked hard Milk, raw Tapioca Yogurt, sweetened</p> <p>Bananas, green Cherries, sour Pomegranate</p> <p>Chicken, breast Shellfish Veal</p> <p>Lard Palm Kernel Oil</p> <p>Ketchup Maple Syrup, processed Mayonnaise, commercial Molasses, sulphered Mustard Soy Sauce, commercial</p> <p>Olives, pickled Popcorn, with salt & butter Potatoes, without skins</p>	<p>Beer Coffee Hops Liquor Malt Sodas, especially Colas Tea, black Wine White Vinegar, white processed</p> <p>Cereals, refined, sweetened with sugars Semolina Wheat, White Flour foods</p> <p>Cheese, processed Custard with white sugar Ice Cream Ice Milk Milk, homogenized Pudding</p> <p>Beef, Chicken Deer Goat, Lamb Lobster Pheasant Pork Rabbit Turkey</p> <p>Hazelnut Peanuts Walnuts</p> <p>Cottonseed Oil Fried Foods</p> <p>Salt, refined & iodized Sugar, brown, white, refined</p> <p>Pickles, refined</p> <p>These are toxic chemicals: NutraSweet Equal Aspartame Splenda Sweet 'N Low Cigarettes Drugs</p>