



## 01 | Acid Food List

- All Meat (beef, pork, lamb, chicken and fish)
- Rice (white, brown and basmati)
- Cornmeal, oats rye, spelt, wheat, bran
- Popcorn
- Pastas
- Bread and most other grain products like cereals (hot or cold), crackers and pastries
- The following beans (unless sprouted, in which case they become alkaline producing): pinto, navy, mung, lentils, black, garbanzo, red, white, adzuki, and broad
- Cheese (parmesan is the worst, along with the sharper cheeses)
- Sunflower, pumpkin, sesame, and squash seeds
- Wheat germ
- The following nuts: walnuts, pecans, cashews, dried coconut (fresh is alkaline), pistachios, macadamias, filberts, brazil nuts, and peanuts
- Colas
- Practically all drugs
- Alcoholic drinks
- Coffee and other caffeinated drinks
- Sweetened yogurt
- Most forms of sweeteners (artificial sweeteners, cane sugar, beet sugar, barley syrup, processed honey, maple syrup, molasses, fructose, lactose)
- Refined table salt
- Soy sauce
- Mustard (dried powder and processed)
- Ketchup unless homemade
- Mayonnaise unless homemade
- Nutmeg
- White vinegar (apple cider and sweet brown rice vinegar are less acid)
- Tobacco
- Pasteurized dairy and conventionally raised eggs
- Garlic
- Cayenne pepper
- Most all herbs

## 02 | Alkaline Food List

- Practically all vegetables
- Practically all fruits with the exception of blueberries, plums, prunes, and cranberries. Even citrus is alkaline producing in the body.
- Beans such as string, soy, lima, green, and snap
- Peas
- Potatoes
- Arrowroot flour
- Grains such as flax, millet, quinoa, and amaranth
- Nuts like almonds, pignoli, fresh coconut and chestnuts
- Sprouted seeds of alfalfa, radish and chia
- Unsprouted sesame
- Fresh unsalted butter
- Milk (unpasteurized organically raised)
- Cream (unpasteurized organically raised)
- Goats milk (unpasteurized organically raised)
- Eggs (unpasteurized organically raised)
- Whey
- Sweeteners like raw unpasteurized honey, dried sugar cane juice (sucanat) brown rice syrup
- Fruit juices
- All vegetable juices
- Most herbal teas
- Miso
- Most vegetable and unprocessed sea salt
- Most spices
- Vanilla extract
- Brewers yeast
- Most unprocessed, cold pressed oils are neutral or alkaline forming
- Fermented foods
- Gelatin