

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato Skins, Olives, Soybeans, Tofu	Cooked Spinach, Kidney Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
FRUIT	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb, Canned Fruit	Prunes, Sweetened Fruit Juice
GRAINS, CEREALS			Amaranth, Millet, Lentils, Sweet corn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye, Whole wheat	White Bread, Pastries, Biscuits, Pasta
MEAT				Liver, Oysters, Venison, Cold Water Fish (e.g. trout, salmon, mackerel)	Turkey, Chicken, Lamb, Tilapia	Beef, Pork, Shellfish, Tuna, Swordfish
EGGS & DAIRY		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Milk	Cheese, Homogenized Milk, Ice Cream, Custard
NUTS & SEEDS		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
OILS	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Cocoa	Coffee, Wine	Beer, Liquor, Soft Drinks
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Raw Honey	Processed Honey	White Sugar, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Chocolate