

ARTICLE: ACID/ALKALINE FOODS

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 Rocket Fresh Herbs	Okra Squash Green beans Beets Celery Lettuce Zucchini Sweet Potato Carob Chickpeas Sprouted Seeds	Carrots Tomatoes Fresh Corn Mushrooms Cabbage Peas Cauliflower Turnip Beetroot Potato Skins Olives Soybeans Tofu	Cooked Spinach Kidney Beans	Potatoes (no skins) Pinto Beans Navy Beans Lima Beans	
FRUIT	Lemons Watermelon Limes Grapefruit Mangoes Papayas	Dates Figs Melons Grapes Kiwi Apples Pears Avocado Raisins	Oranges Mandarins Bananas Cherries Peaches Nectarines Strawberries Blackberries Raspberries	Pineapple Blueberries Cranberries Plums Processed Fruit Juices	Sour Cherries Rhubarb Canned Fruit	Prunes Sweetened Fruit Juice
GRAINS, CEREALS			Amaranth Millet Lentils Sweetcorn Wild Rice Basmati Rice Quinoa	Rye Bread Sprouted Wheat Bread Spelt Brown Rice	White Rice Corn Buckwheat Oats Rye	Wheat White Bread Pastries Biscuits Pasta
MEAT, FISH				Liver Oysters Venison Cold Water Fish	Turkey Chicken Lamb	Beef Pork Shellfish

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EGGS & DAIRY			Soy Cheese Soy Milk Goats Cheese Whey	Eggs Butter Yoghurt Buttermilk Cream Cottage Cheese	Raw Milk	Cheese Ice Cream Custard Homogenised Milk
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 Margarine Lard Sunflower Oil		
BEVERAGES	Herb Teas Lemon Water Green Drink Alkalised Water	Green Tea	Ginger Tea	Tea Cocoa	Coffee Wine	Beer Liquor Soft Drinks
SWEETENERS & CONDIMENTS	Stevia Cayenne Pepper	Maple Syrup Rice Syrup Cider Vinegar Cinnamon Ginger Chilli Sea Salt	Raw Honey Raw Sugar Miso Tamari Curry Spices	Processed Honey	White Sugar Brown Sugar Molasses Jam Ketchup Mayonnaise Mustard Vinegar	Chocolate Artificial Sweeteners