

Most Alkaline	Medium Alkaline	Low Alkaline	Foods	Low Acid	Medium Acid	Most Acid
broccoli, cucumber, cilantro, oriental greens, kale, spinach, parsley, sea vegetables, sprouts, cereal grasses, "green drinks"	bell pepper, cauliflower, parsnip, endive, ginger, root, sweet potato, cabbage, celery, carrots, asparagus	brussel sprouts, beets (tops & roots), tomatoes & tomato juice, fresh peas, dark lettuce, mushrooms, fresh potato w/skin, pumpkin, squash	Vegetables			
		tempeh	Legumes and Beans	corn, lentils, peanuts w/skin, organic peanut butter, beans (kidney, lima, navy, pinto, white, black, edame, green, split peas, chickpeas, soy), tofu	salted peanut butter	processed soy beans, salted & sweetened peanut butter
cantaloupe, honeydew, raisins, nectarine, raspberry, watermelon, black cherry, black olives	apple, avocado, pink grapefruit, lemon, lime, mango, pear, peach	pineapple, apricot, grapes, blueberry, strawberry, blackberry, papaya	Fruits	dried fruit (figs, dates, prunes), bananas, unsweetened canned fruit/jam/preserves	regular olives, pickles, sweetened canned fruit/jam/preserves	cranberry, dried sulfured fruit
Celtic sea salt, unrefined salts (sea and Himalayan), miso, natto, cayenne, baking soda, bee pollen, lecithin	cinnamon, ginger, dill, mint, peppermint, turmeric, basil, oregano, licorice	most herbs, curry, mustard, tamari	Condiments, Herbs and Spices	tahini, carob, cocoa, refined table salt	vanilla, nutmeg, mayonnaise, ketchup	black pepper, MSG, soy sauce, brewer's and nutritional yeast
Electron-rich alkaline water	Teas: green, matcha, rooibos, most herbal teas, aloe juice	unsweetened almond milk, distilled water, black organic coffee	Beverages	unsweetened soy or rice milk, black tea, regular black coffee, decaf coffee, natural fruit juice	coffee with milk and sugar, sweetened fruit juice	alcoholic drinks, soft drinks
		whole oats, quinoa, wild rice, millet	Grains and Cereals	brown and basmati rice, wheat and buckwheat, amaranth, whole grain bread, whole grain pasta, popcorn	plain rice protein powder, rolled oats and oat bran, rye, white bread, white pasta, white rice	barley, pastries, cakes, cookies
pumpkin seeds, whole almonds and almond butter w/skin	chestnuts, flaxseeds, brazil and macadamia nuts	hemp seeds, sesame seeds, sunflower seeds, hazelnuts	Nuts & Seeds	pine nuts, green soybeans	cashews, pecans, walnuts	pistachios
	extra virgin olive oil, borage and evening primrose oil, black currant oil, wild fish oil	coconut oil, hemp oil, sesame oil, sunflower oil, seabuckthorn oil, cod liver oil	Oils	canola oil, grapeseed oil, safflower oil		trans-fatty acids, margarine

			Meat, Fish&Fowl	fish, turkey, venison, wild duck, seafood	chicken, lamb, pork, veal	beef, lobster
human breast milk		soft goat cheese, fresh unpasteurized goat milk	Dairy	cow's milk, cream, yogurt, butter, butter milk, egg whites	whole egg, soy cheese, soft cow cheese	ice cream, processed cheese, hard cheese, egg yolks
	unsulfured blackstrap molasses	stevia, brown rice syrup, pure dark grade maple syrup, unpasteurized raw honey, xilitol	Sweeteners	commercial honey	corn syrup, fructose, table sugar	artificial sweeteners
	apple cider vinegar		Vinegars	rice vinegar	balsamic vinegar	white vinegar