A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods

VEGETABLES
Garlic
Asparagus
Fermented Veggies
Watercress
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dulce
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Rutabaga
Sea Veggies
Spirulina
Sprouts
Squashes
Alfalfa
Barley Grass
Wheat Grass
Wild Greens
Nightshade Veggies

FRUITS
Apple
Apricot
Avocado
Banana (high glycemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Lime
Honeydew Melon
Nectarine
Orange
Lemon
Peach
Pear
Pineapple
All Berries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN
Eggs (poached)
Whey Protein Powder
Cottage Cheese
Chicken Breast
Yogurt
Almonds
Chestnuts
Tofu (fermented)
Flax Seeds
Pumpkin Seeds
Tempeh (fermented)
Squash Seeds
Sunflower Seeds
Millet
Sprouted Seeds
Nuts

OTHER
Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Probiotic Cultures
Green Juices
Veggies Juices
Fresh Fruit Juice
Organic Milk (unpasteurized)
Mineral Water
Alkaline Antioxidant Water
Green Tea
Herbal Tea
Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha

SWEETENERS
Stevia
Ki Sweet

SPICES/SEASONINGS
Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt
Miso
Tamari
All Herbs

ORIENTAL VEGETABLES
Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame
Sea Veggies

Acid Forming Foods

FATS & OILS
Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS
Cranberries

GRAINS
Rice Cakes
Wheat Cakes
Amaranth
Barley
Buckwheat
Corn
Oats (rolled)
Quinoa
Rice (all)
Rye
Spelt
Kamut
Wheat
Hemp Seed Flour

DAIRY
Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep
Milk
Butter

NUTS & BUTTERS
Cashews
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ANIMAL PROTEIN
Beef
Carp
Clams
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA (WHITE)
Noodles
Macaroni
Spaghetti

OTHER
Distilled Vinegar
Wheat Germ
Potatoes

DRUGS & CHEMICALS
Aspartame
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Pesticides
Herbicides

ALCOHOL
Beer
Spirits
Hard Liquor
Wine

BEANS & LEGUMES
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk