

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
FRUITS						
Apples					✓	
Apricots					✓	
Avocados					✓	
Bananas					✓	
Blackberries						✓
Blueberries					✓	
Boysenberries					✓	
Cantaloupe						✓
Cherimoya			✓			
Cherries					✓	
Coconuts				✓		
Currants					✓	
Dates			✓			
Figs			✓			
Grapefruits		✓				

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
FRUITS						
Grapes		✓				
Guava			✓			
Honeydew melon						✓
Kiwi						✓
Lemons					✓	
Limes						✓
Lychee					✓	
Mandarin						✓

Mangos						✓
Olives green					✓	
Olives ripe		✓				
Oranges					✓	
Papayas						✓
Passion fruit					✓	
Pawpaw						✓
Peaches					✓	
Pears					✓	

FRUITS	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Persimmon						✓
Pineapples						✓
Plantains						✓
Plums			✓			
Pomegranates		✓				
Prunes			✓			
Quince						✓
Raisins					✓	
Raspberries						✓
Strawberries						✓
Sultanas					✓	
Tangelos					✓	
Tangerines						✓
Tomatoes			✓			
Watermelons						✓

VEGETABLES	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Artichokes					✓	
Artichokes, Jerusalem					✓	
Asparagus						✓
Aubergine					✓	
Batatas						✓
Beets					✓	
Bell peppers, green					✓	
Bell peppers, red					✓	
Bell peppers, yellow					✓	
Broccoli					✓	
Brussels sprouts				✓		
Cabbage						
Bok choy					✓	
Chinese					✓	
Napa				✓		
Red					✓	
Savoy					✓	
White					✓	

VEGETABLES	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Capsicum, green					✓	
Capsicum, red					✓	
Capsicum, yellow					✓	
Carrots,			✓			

commercial						
Carrots, organic				✓		
Cassava					✓	
Cauliflower					✓	
Celery						✓
Celery root					✓	
Chard, Swiss			✓			
Collards						✓
Corn		✓				
Cucumbers				✓		
Edamame			✓			
Eggplant					✓	
Endive						✓
Fennel						✓
Garlic					✓	

VEGETABLES	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Green onions					✓	
Jalapeno peppers						✓
Kale						✓
Kumara						✓
Leeks					✓	
Lettuce						
Arugula					✓	
Chicory						✓
Cos					✓	
Iceberg					✓	

Radicchio					✓	
Red leaf					✓	
Rocket					✓	
Romaine					✓	
Maize		✓				

	ACID-FORMING			ALKALINE-FORMING		
VEGETABLES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Mangetout				✓		
Mushrooms				✓		
Mustard greens						✓
Okra					✓	
Onions						✓
Parsnips						✓
Peas, fresh green			✓			
Peas, split gr. & ye.			✓			
Potatoes					✓	
Radishes						✓
Radishes, daikon						✓
Rhubarb			✓			
Runner beans			✓			
Salad greens, mixed					✓	
Snow peas				✓		

	ACID-FORMING			ALKALINE-FORMING		
VEGETABLES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Spinach			✓			
Squash						

Australian pumpkin					✓	
Chayote					✓	
Courgette					✓	
Hubbard squash					✓	
Japanese pumpkin						✓
Kabocha squash						✓
Marrow					✓	
Pear squash					✓	
Summer squash					✓	
Winter squash					✓	
Zucchini					✓	
Swedes					✓	
Sweet potatoes						✓

	ACID-FORMING			ALKALINE-FORMING		
VEGETABLES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Taro root						✓
Tomatoes			✓			
Turnip greens					✓	
Turnips					✓	
Water chestnuts, canned					✓	
Water chestnuts, fresh					✓	
Watercress					✓	
Yams						✓
Yucca					✓	
Zucchini					✓	

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
BEANS & LEGUMES						
Adzuki beans			✓			
Baked beans						
vegetarian			✓			
with pork		✓				
Chickpeas (garbanzo)			✓			
Edamame				✓		
Fava beans			✓			
Great Northern			✓			
Haricot (w/ beans)			✓			
Haricot (no beans)					✓	
Kidney beans			✓			
Lentils					✓	
Lima beans			✓			

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
BEANS & LEGUMES						
Mung beans			✓			
Navy beans			✓			
Peanuts		✓				
Peas						
Fresh green			✓			
Split peas (g&y)			✓			
Pinto			✓			
Runner			✓			

Snow				✓		
Soybeans	✓					
String, green, snap, wax, yellow w/ formed beans			✓			
String, green, snap, wax, yellow no formed beans					✓	
White beans			✓			

	ACID-FORMING			ALKALINE-FORMING		
BEVERAGES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Ale						
dark		✓				
pale	✓					
Almond milk (sweetened)			✓	✓		
Almond milk (unsweetened)				✓		
Apple cider					✓	
Apple juice (sw.)			✓	✓		
Apple juice (unsw.)				✓		
Beer						
dark		✓				
pale	✓					
Berry juice blend				✓		
Carrot juice			✓			
Coconut milk					✓	

	ACID-FORMING			ALKALINE-FORMING		
BEVERAGES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH

Coffee						
decaff		✓				
espresso	✓					
regular		✓				
Cola	✓					
Gin	✓					
Ginger tea						✓
Gorman juice			✓			
Grape juice				✓		
Grapefruit juice					✓	
Malt liquor						
dark		✓				
pale	✓					

	ACID-FORMING			ALKALINE-FORMING		
BEVERAGES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Milk						
Cow's milk, skim, nonfat			✓			
Cow's milk, 1% fat			✓			
Cow's milk, 2% fat			✓			
Cow's milk, whole			✓			
Cow's milk, chocolate, whole		✓				
Goat's milk			✓			
Kefir			✓			
Rice milk		✓				
Soy milk	✓					

Milkshakes						
chocolate	✓					
vanilla	✓					
Mirin (rice wine)			✓			
Orange juice				✓		

	ACID-FORMING			ALKALINE-FORMING		
BEVERAGES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Pear juice				✓		
Pineapple juice					✓	
Root beer	✓					
Scotch	✓					
Soft drinks (carbonated)	✓					
Tea						
black			✓			
green				✓		
herbal				✓		
Tomato juice			✓			
Tonic water	✓					
Vitamin water		✓				
Vodka	✓					
Wine						
red		✓				
white		✓				

	ACID-FORMING			ALKALINE-FORMING		
BEVERAGES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Water, bottled						

mineral						
Apollinaris						✓
Evian				✓		
Fiji				✓		
San Pellegrino						✓
Sanfaustino						✓
Volvic				✓		
Water, tap (in general)						
chlorinated			✓			
nonchlorinated			✓			

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
BREAD						
Bagels, white flour						
cinnamon-raisin	✓					
Egg	✓					
Plain	✓					
Water	✓					
Biscuits	✓					
Breadsticks	✓					
Croissants	✓					
Crumpets	✓					
English muffins	✓					
Matzoh						
White flour	✓					
Whole wheat fl.		✓				

	ACID-FORMING	ALKALINE-FORMING
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BREAD	ACID-FORMING		ALKALINE-FORMING			
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Pita						
White flour	✓					
Whole wheat fl.		✓				
Pumpernickel		✓				
Rye bread (100%)		✓				
Scones	✓					
Tortillas						
Corn		✓				
White flour	✓					
White bread	✓					
Whole wheat bread		✓				
Breadsticks	✓					

MEAT	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Beef						
bangers	✓					
bologna	✓					
Coney dogs	✓					
frankfurters	✓					
hamburgers	✓					
liver		✓				
meat (steak, roasts...)	✓					
mince	✓					
hot dogs	✓					
sausage	✓					

Buffalo (bison)		✓				
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	ACID-FORMING			ALKALINE-FORMING		
MEAT	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Goat		✓				
Lamb		✓				
Pork						
back bacon	✓					
bacon	✓					
bangers	✓					
frankfurters		✓				
gammon		✓				
ham		✓				
lard		✓				
meat (chops, roasts...)		✓				
rashers	✓					
sausage		✓				
Rabbit		✓				
Veal	✓					
Venison		✓				

	ACID-FORMING			ALKALINE-FORMING		
POULTRY	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Chicken						
liver		✓				
meat		✓				
Duck		✓				
Turkey						

bologna		✓				
frankfurters		✓				
ham		✓				
meat		✓				

	ACID-FORMING			ALKALINE-FORMING		
FISH & SEAFOOD	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Bass		✓				
Catfish		✓	✓			
Clams			✓			
Cockles		✓				
Crabs		✓				
Flounder		✓				
Grouper		✓				
Haddock		✓				
Halibut		✓				
Herring, pickled		✓				
Lobster	✓					
Mackerel		✓				

	ACID-FORMING			ALKALINE-FORMING		
FISH & SEAFOOD	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Mussels	✓					
Orange roughy		✓				
Oysters		✓				
Perch		✓				
Perch, white		✓				
Pike		✓				
Pilchards, canned		✓				

Pollack		✓				
Prawns	✓					
Salmon		✓				
Sardines, canned		✓				
Scallops		✓				

FISH & SEAFOOD	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Scrod		✓				
Sea bass		✓				
Shrimp	✓					
Snapper		✓				
Squid		✓				
Swordfish	✓					
Tuna		✓				
Turbot		✓				
Whitefish		✓				
Whiting		✓				
Yellowtail		✓				

SEAWEED	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Agar					✓	
Dulse						✓
Hijiki						✓
Irish moss				✓		
Kelp						✓
Kombu						✓

Nori						✓
Spirulina				✓		
Wakame						✓

	ACID-FORMING			ALKALINE-FORMING		
NUTS & SEEDS	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Almonds				✓		
Amaranth seeds			✓			
Cashews					✓	
Celery seeds				✓		
Chestnuts						✓
Chia seeds				✓		
Coriander seeds				✓		
Cumin seeds					✓	
Flaxseed				✓		
Hazelnuts	✓					
Hemp seeds				✓		
Macadamia nuts				✓		
Peanuts		✓				

	ACID-FORMING			ALKALINE-FORMING		
NUTS & SEEDS	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Pecans		✓				
Pine kernels			✓			
Pine nuts			✓			
Pistachio nuts		✓				
Pumpkin seeds						✓
Quinoa seeds				✓		

Sesame seeds				✓		
Soy nuts	✓					
Sunflower seeds				✓		
Walnuts	✓					

	ACID-FORMING			ALKALINE-FORMING		
BUTTERS	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Butter			✓			
Almond butter				✓		
Cashew butter					✓	
Hazelnut butter	✓					
Peanut butter		✓				
Pistachio butter		✓				

	ACID-FORMING			ALKALINE-FORMING		
HERBS & SPICES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Basil					✓	
Bay leaf				✓		
Cardamon seeds					✓	
Celadon			✓			
Celery seeds				✓		
Cilantro					✓	
Cinnamon					✓	
Coriander seeds				✓		
Cumin seeds					✓	
Curry powder			✓			
Dill seeds				✓		
Dill weed					✓	

Fennel seeds					<input checked="" type="checkbox"/>	
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	ACID-FORMING			ALKALINE-FORMING		
HERBS & SPICES	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Ginger root						<input checked="" type="checkbox"/>
Mace				<input checked="" type="checkbox"/>		
Marjoram					<input checked="" type="checkbox"/>	
Oregano					<input checked="" type="checkbox"/>	
Paprika						<input checked="" type="checkbox"/>
Parsley						<input checked="" type="checkbox"/>
Pepper						
black					<input checked="" type="checkbox"/>	
cayenne				<input checked="" type="checkbox"/>		
Salt						
Iodized table	<input checked="" type="checkbox"/>					
sea						<input checked="" type="checkbox"/>
Tarragon					<input checked="" type="checkbox"/>	
Thyme					<input checked="" type="checkbox"/>	
Watercress					<input checked="" type="checkbox"/>	

	ACID-FORMING			ALKALINE-FORMING		
FLOUR	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Almond				<input checked="" type="checkbox"/>		
Amaranth			<input checked="" type="checkbox"/>			
Arrowroot			<input checked="" type="checkbox"/>			
Barley		<input checked="" type="checkbox"/>				
Buckwheat			<input checked="" type="checkbox"/>			
Corn		<input checked="" type="checkbox"/>				

Millet			✓			
Oat				✓		
Rice, brown			✓			
Rice, white	✓					
Rye		✓				
Soy	✓					
Triticale			✓			
Wheat flour, white	✓					
Whole wheat flour		✓				

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
FRUIT JUICES						
Apple cider					✓	
Apple juice (sweetened)			✓	✓		
Apple juice (unsw.)				✓		
Berry juice blend				✓		
Carrot juice			✓			
Grape juice				✓		
Grapefruit juice					✓	
Lemon juice						✓
Lime juice						✓
Orange juice				✓		
Pear juice				✓		
Pineapple juice					✓	
Tomato juice or blend			✓			
Fruit preserves, jams, jellies (sweetened w/ sugar or corn)	✓					

syrup)						
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	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
PASTA						
Brown rice pasta			✓			
Brown rice spinach		✓				
Buckwheat noodles			✓			
Couscous, white fl.	✓					
Egg noodles, white fl.	✓					
Linguine, white	✓					
Macaroni, white	✓					
Soba noodles			✓			
Spaghetti						
rye		✓				
white			✓			
whole wheat		✓				
Pasta sauce (tomato-based)						
with meat		✓				
without meat			✓			

	ACID-FORMING			ALKALINE-FORMING		
	HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
SPREADS						
Almond butter				✓		
Apple butter					✓	
Butter			✓			
Cashew butter					✓	
Cream cheese		✓				

Hazelnut butter	<input checked="" type="checkbox"/>					
Hummus			<input checked="" type="checkbox"/>			
Jams, jellies, preserves	<input checked="" type="checkbox"/>					
Marmite	<input checked="" type="checkbox"/>					
Peanut butter		<input checked="" type="checkbox"/>				
Pistachio butter		<input checked="" type="checkbox"/>				
Vegemite	<input checked="" type="checkbox"/>					

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