

Vegetables

Alkaline

Most likely in the middle

Acid

alfalfa
barley grass
beet greens, beets
broccoli
cabbage
carrot
cauliflower
celery
chard greens
chlorella
collard greens
cucumber
eggplant
garlic
green beans
green peas
kale
lettuce
mushrooms
mustard greens
onions
parsnips
peas
peppers
potatoes white
pumpkin
radishes
rutabaga
sea veggies
spinach
spiraling
sprouts
sweet potatoes
tomatoes
watercress
wheat grass
wild greens
yams

asparagus
brussel sprouts
flax seeds
lima beans
mushrooms
pumpkin seeds
sauerkraut
soy
squashes
sunflower seeds

artichoke
black olives
corn
lentils
mushrooms
pickles
winter squash

Grasses

Alkaline

Most likely in the middle

Acid

alfalfa
barley grass
dog grass
kamut grass
lemon grass
oat grass
shave grass
wheat grass

none

Sprouts

Alkaline

Most likely in the middle

Acid

alfalfa sprouts
amaranth sprouts
broccoli sprouts
fenugreek sprouts
kamut sprouts
millet sprouts
quinoa sprouts

none

Fruits

Alkaline

apple
apricot
avocado
banana (yellow/green)
coconut
currants
dates
figs
grapes
mango
peach
pear
prunes
raisins
raspberries
rhubarb
strawberries
tangerine
tropical fruits
watermelon

Acid but alkaline forming

berries
cantaloupe
cherries, sour
cranberries
currants
grapefruit
honeydew melon
lemon
lime
muskmelons
nectarine
orange
pineapple
plum
tangerine

Grains

Alkaline

buckwheat
brown rice
kamut
millet
quinoa
spelt

Most likely in the middle

Acid

barley
oat bran
wheat bran
bread
corn chips
cornstarch
crackers
flour
granola
macaroni
noodles
oatmeal
rolled oats
processed grains
rice cakes
rye
spaghetti
wheat germ
white rice
wheat

Nuts and Seeds

Alkaline

almonds
brazil nuts
chestnuts
flax seeds
hazelnuts
macadamia nuts
pumpkin seeds
sesame seeds
sunflower seeds

Most likely in the middle

Acid

cashews
peanuts
pecans
pistachios
walnuts

Meats and Animal Proteins

Alkaline
none

Most likely in the middle
not much agreement

Acid

bacon
beef
clams
corned beef
eggs
lamb
lobster
mussels
oyster
pork
rabbit
sausage
scallops
shellfish
shrimp
tuna
turkey
veal
venison
fish

Dairy Products

Alkaline

raw butter
raw buttermilk
raw cheese
raw milk
raw whey
fresh yogurt

Most likely in the middle

Acid

butter
aged cheese
pasteurized cheese
processed cheese
cottage cheese
ice cream
pasteurized milk
pasteurized yogurt

Breads, Baked foods

Alkaline

sprouted breads
sprouted tortillas
yeast free breads

Most likely in the middle

Acid

brownies
cakes
cookies
muffins
pies

Sweeteners

Alkaline

agave
raw honey
raw maple syrup
molasses
raw sugarcane
stevia

Most likely in the middle

Acid

artificial sweeteners
carob
corn syrup
fructose
processed sugar
saccharine
sucrose
sucralose

Beverages

Alkaline

alkaline ionized water
fresh juices
green drinks
juices
green tea
herbal tea

Most likely in the middle

most tap water

Acid

alcohol, including wine
beer
black tea
cocoa
coffee
energy drinks (red bull etc)
pasteurized milk
soda

Spices, Condiments, Misc

Alkaline

apple cider vinegar
bragg aminos
chili pepper
cinnamon
curry
ginger
herbs
miso
sea salt

Most likely in the middle

Acid

breath mints
candy
catsup
chips
drugs
mustard
pepper
pesticides
pretzels
soy sauce
tabasco
tobacco
distilled vinegar