



MORE ACID
(Consume Less)

MORE ALKALINE
(Consume More)



Food Category	----	---	--	-
Citrus Fruit Fruit		Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Cherimoya Date Dry Fruit
Bean Vegetable Legume Pulse Root	Soybean Carob	Pea Green Snow Peanut Legumes (other) Carrot Chick Pea/Garbanzo	Bean Pinto White Navy/Red Aduki Lima or Mung Chard Split Pea	Bean Fava Kidney Black-eyed String/Wax Spinach Zucchini Chutney Rhubarb
Grain Cereal Grass	Barley <i>Processed Flour</i>	Corn Rye Oat Bran	Wheat Semolina Spelt, teff Kamut White Rice Buckwheat	Triticale Brown Rice Millet Kasha
Fowl	Pheasant	Chicken	Goose/Turkey	Wild Duck
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Pork/Veal Mussel/Squid	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish
Egg				Egg, Chicken
Processed Dairy Cow/Human Soy Goat/Sheep	<i>Processed Cheese</i> Ice Cream	Casein Cottage Cheese Milk, Soy	Milk; Goat, Cow, Sheep	Cream/Butter Yogurt Cheese; Goat, Sheep
Oil Seed/Sprout Nut	<i>Cottonseed Oil/Meal</i> <i>Fried Food</i> Hazelnut Walnut Brazil Nut	Oil Chestnut Palm Kernel Lard Pistachio Seed Pecan	Oil Almond Sesame Safflower Tapioca Seitan or Tofu	Oil Canola Pumpkin Seed Grape Seed Sunflower Pine Nut
Beverage Preservative Sweetner Vinegar	<i>Beer</i> <i>"Soda"</i> <i>Table Salt</i> Yeast/Hops/Malt <i>Sugar/Cocoa</i> White/Acetic Vinegar	Coffee Aspartame Saccharin Red Wine Vinegar	<i>Alcohol</i> Black Tea Benzoate Balsamic Vinegar	<i>Kona Coffee</i> MSG Honey/Maple Syrup Rice Vinegar
Spice/Herb	Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry
Therapeutic	<i>Antibiotics</i>	<i>Psychotropics</i>	<i>Antihistamines</i>	

+	++	+++	++++	Food Category
Orange Banana Blueberry Raisin, Grapes Currant Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Cantaloupe Honeydew Olive Mango Citrus Loganberry	Lime Nectarine Raspberry Watermelon Tangerine Pineapple	Citrus Fruit Fruit
Brussel Sprout Beet Chive/Scallion Celery/Cilantro Squash Artichoke Lettuce Jicama Rhubarb Turnip Greens	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Jerusalem Artichoke Ginger Root Broccoli	Lentil Broccoli Seaweed Nori/Kombu Wakame/Hijiki Onion/Miso Daikon/Taro Root Sea Vegetables Burdock/Lotus Root Sweet Potato/Yam	Bean Vegetable Legume Pulse Root
Quinoa Wild Rice Oat				Grain Cereal Grass
				Fowl
				Meat Game Fish/Shell Fish
Egg, Duck	Egg, Quail			Egg
Ghee Human Breast Milk				Processed Dairy Cow/Human Soy Goat/Sheep
Oil Avocado Coconut Olive/Macadamia Linseed/Flax Seeds (most)	Oil Cod Liver Primrose Sesame Seed Almond Sprout	Poppy Seed Pepper Chestnut Cashew	Pumpkin Seed	Oil Seed/Sprout Nut
Ginger Tea Sulfite Sucanat Umeboshi vinegar	Green or Mu Tea Rice syrup Apple Cider Vinegar	Kombucha Molasses Soy Sauce	Mineral Water Sea Salt	Beverage Preservative Sweetner Vinegar
White Willow Bark Slippery Elm Artemesia Annuia	Herbs Aloe Vera Nettle	Spices/Cinnamon Valerian Licorice Agave	Baking Soda	Spice/Herb
Algae, Blue Green	Sake		Umeboshi Plum	Therapeutic

Italicised items are NOT recommended