

## ALKALIZING FOODS

VEGETABLES	FRUITS	OTHER
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented	Avocado	Lecithin Granules
Veggies	Banana (high glycemic)	Probiotic Cultures
Watercress	Cantaloupe	Green Juices
Beets	Cherries	Veggies Juices
Broccoli	Currants	Fresh Fruit Juice
Brussel sprouts	Dates/Figs	Organic Milk
Cabbage	Grapes	(unpasteurized)
Carrot	Grapefruit	Mineral Water
Cauliflower	Lime	Alkaline Antioxidant
Celery	Honeydew	Water
Chard	Melon	Green Tea
Chlorella	Nectarine	Herbal Tea
Collard Greens	Orange	Dandelion Tea
Cucumber	Lemon	Ginseng Tea
Eggplant	Peach	Banchi Tea
Kale	Pear	Kombucha
Kohlrabi	Pineapple	
Lettuce	All Berries	<b>SWEETENERS</b>
Mushrooms	Tangerine	Stevia
Mustard Greens	Tomato	
Dulce	Tropical Fruits	<b>SPICES/SEASONINGS</b>
Dandelions	Watermelon	Cinnamon
Edible Flowers		Curry
Onions	<b>PROTEIN</b>	Ginger
Parsnips (high glycemic)	Eggs	Mustard
Peas	Whey Protein	Chili Pepper
Peppers	Powder	Sea Salt
Pumpkin	Cottage	Miso
Rutabaga	Cheese	Tamari
Sea Veggies	Chicken Breast	All Herbs
Spirulina	Yogurt	
Sprouts	Almonds	<b>ORIENTAL</b>
Squashes	Chestnuts	<b>VEGETABLES</b>
Alfalfa	Tofu	Maitake
Barley Grass	(fermented)	Daikon
Wheat Grass	Flax Seeds	Dandelion Root
Wild Greens	Pumpkin Seeds	Shitake
Nightshade	Tempeh	Kombu
Veggies	(fermented)	Reishi
	Squash Seeds	Nori
	Sunflower	Umeboshi
	Seeds	Wakame
	Millet	Sea Veggies
	Sprouted	
	Seeds	
	Nuts	

## ACIDIFYING FOODS

FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Avocado Oil	Cashews	Chemicals
Canola Oil	Corn Oil	Drugs,
Corn Oil	Hemp Seed Oil	Medicinal
Hemp Seed Oil	Flax Oil	Drugs,
Lard	Lard	Psychedelic
Olive Oil	Safflower Oil	Pesticides
Safflower Oil	Sesame Oil	Herbicides
Sesame Oil	Sunflower Oil	
Sunflower Oil		<b>ALCOHOL</b>
	<b>FRUITS</b>	Beer
	Cranberries	Spirits
		Hard Liquor
		Wine
	<b>GRAINS</b>	
	Rice Cakes	<b>BEANS &amp; LEGUMES</b>
	Wheat Cakes	Black Beans
	Amaranth	Chick Peas
	Barley	Green Peas
	Buckwheat	Kidney Beans
	Corn	Lentils
	Oats (rolled)	Lima Beans
	Quinoid	Pinto Beans
	Rice (all)	Red Beans
	Rye	Soy Beans
	Spelt	Soy Milk
	Kamut	White Beans
	Wheat	Rice Milk
	Hemp Seed	Almond Milk
	Flour	
	<b>DAIRY</b>	
	Cheese, Cow	
	Cheese, Goat	
	Cheese,	
	Processed	
	Cheese,	
	Sheep	
	Milk	
	Butter	
		<b>PASTA (WHITE)</b>
		Noodles
		Macaroni
		Spaghetti
		<b>OTHER</b>
		Distilled
		Vinegar
		Wheat
		Germ
		Potatoes