

	Alkaline (Eat 60-80% Daily)			Acid (Eat good choices 20-40%)		
	High	Medium	Low	Low	Medium	High
Fruits	Blackberries Cantaloupe Lime Lemon Mandarin Orange Melon Pineapple Raspberries Strawberries Tangerine Tropical Fruits Watermelon	Apple Apricot Avocado Banana Blueberries Boysenberry Cherries Currants Grapes Grapefruit Orange Peach Pear	Nectarine Plums	Dates Figs Prunes	Cranberry	Fruit Juices (Pasteurized)
Veggies	Asparagus Celery Collard Greens Kale Kohlrabi Mustard Greens Dandelion Greens Onions Pumpkin Rutabaga Seaweed Wheat Grass Wild Greens	Garlic Beets Broccoli Cabbage Cauliflower Eggplant Lettuce Peppers Potatoes Squashes	Watercress Brussel sprouts Carrot Cucumber Mushrooms Parsnips Baked Potato Spirulina Sweet potato Eggplant Chard Peas Spinach	Vegetable Juices (Pasteurized) Tomato		
Nuts/ Seeds	Chestnuts Pumpkin Seeds Sprouted Seeds	Cashews (Raw only) Squash Seeds	Almonds Brazil Nuts Flax Seeds Macadamia Nut Sunflower Seeds Tahini		Peanuts Pecans	Walnuts
Oils			Avocado Oil Coconut Oil Cod Liver Oil Flax Oil Ghee Olive Oil-Extra Virgin	Canola Oil Corn Oil Hemp Oil Safflower Oil Sesame Oil Sunflower Oil	Lard (Animal)	
Dairy/ Eggs		Raw goat milk	Raw cheese	Cow's milk Goat milk Goat cheese Sheep milk Yogurt	Cow's cheese (soft) Sheep cheese	Cow's cheese (hard)
Meat/ Fish				Clams Eggs	Buffalo Chicken Fish Lamb Rabbit Salmon Scallops Turkey Venison	Bacon Beef Lobster Mussels Pork Sausage Shrimp Tuna Shellfish
Grains			Buckwheat Quinoa Oats Millet	Hemp Rice (white and brown) Teff Spelt Kamut	Barley Corn Rye Wheat	White flour
Legumes/ Beans			Lentils	Black Beans Chick Peas Fava Beans Kidney Beans Lima Beans Pinto Beans Red or White Beans		Soy Beans
Other	Green Juices Lemon Juice Lime Juice	Apple Cider Vinegar Bee Pollen Green olives	Dandelion Tea Herbal Tea Green Tea Homemade Juice	Black Tea Tap water	Coffee Ketchup Mustard Mayonnaise Dark Beer Wine	Soda Sugar Pale Beer Hard Liquor Chemicals Pharmaceuticals Pesticides Herbicides