

## Vegetables

### Alkaline

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

### Most likely in the middle

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

### Acid

artichoke  
black olives  
corn  
lentils  
mushrooms  
pickles  
winter squash

## Grasses

### Alkaline

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

### Most likely in the middle

### Acid

none

## Sprouts

### Alkaline

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

### Most likely in the middle

### Acid

none

## Fruits

Alkaline	Acid but alkaline forming
apple	berries
apricot	cantaloupe
avocado	cherries, sour
banana (yellow/green)	cranberries
coconut	currants
currants	grapefruit
dates	honeydew melon
figs	lemon
grapes	lime
mango	muskmelons
peach	nectarine
pear	orange
prunes	pineapple
raisins	plum
raspberries	tangerine
rhubarb	
strawberries	
tangerine	
tropical fruits	
watermelon	

## Grains

Alkaline	Most likely in the middle	Acid
buckwheat		barley
brown rice		oat bran
kamut		wheat bran
millet		bread
quinoa		corn chips
spelt		cornstarch
		crackers
		flour
		granola
		macaroni
		noodles
		oatmeal
		rolled oats
		processed grains
		rice cakes
		rye
		spaghetti
		wheat germ
		white rice
		wheat

## Nuts and Seeds

Alkaline	Most likely in the middle	Acid
almonds		cashews
brazil nuts		peanuts
chestnuts		pecans
flax seeds		pistachios
hazelnuts		walnuts
macadamia nuts		
pumpkin seeds		
sesame seeds		
sunflower seeds		

## 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 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