

EAT MORE OF THESE				EAT LESS OF THESE		
Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Asparagus, Broccoli, Brussels Sprouts, Collards, Dandelions, Endive, Kale, Garlic, Onions, Parsley, Parsnips, Radishes, Sea Vegetables (seaweed), Vegetable Juices	Artichokes, Beets, Carob, Celery, Eggplant, Green Onions, Leeks, Lettuce, Okra, Spinach (raw), Squash, Sweet Potato, Turnips, Watercress, Yam, Zucchini	Cabbage, Carrots, Mushrooms, Olives, Peas, Potato (colored w/ skins), Snow Peas, Tomatoes	GREEN & ROOT VEGETABLES	Cooked Spinach, Fresh Corn	White Potatoes (especially without skins),	Raw Chocolate
Blackberries, Figs, Grapefruit, Lemons, Limes, Mangos, Melons, Papayas, Persimmon, Strawberries, Tangerines	Apples (green), Apricots, Wild Blueberries, Currents, Dates, Grapes, Kiwi, Melons, Papaya, Pears, Raisins	Avocados, Bananas, Commercial Blueberries, Cherries, Coconut, Oranges, Pineapple, Peaches, Rhubarb	FRUITS	Plums, Processed Fruit Juices Sour Cherries	Dried Fruits	Canned Fruits, Cranberries, Prunes
	Green Beans	Adzuki Beans, Peas,	BEANS, LEGUMES	Garbanzo Beans, Fava Beans, Kidney Beans, Mung Beans, Fermented Tofu	Pinto Beans, Navy Beans, Lentils, Lima Beans	Soy Beans
	Almonds	Chestnuts	NUTS, SEEDS & PRODUCTS	Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Tahini	Pecans, Cashews	Peanuts, Peanut Butter, Walnuts
Olive Oil	Flax Seed Oil	Avocado Oil, Canola Oil, Coconut Oil, Cod Liver Oil, Sesame Oil	OILS	Butter, Corn Oil, Grapeseed Oil, Sunflower Oil	Lard, Margarine, Peanut Oil	Cottonseed Oil, Soy Oil
			MEATS & FISH	Clams, Cold Water Fish, Venison	Chicken, Lamb, Pork, Rabbit, Turkey, Scallops	Bacon, Beef, Veal, Shellfish, Shrimp
	Breast Milk, Quail Eggs	Almond Cheese, Almond Milk, Duck Eggs, Goat Milk, Goat Cheese, Probiotic Cultures, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheeses, Homogenized Milk, Ice Cream

EAT MORE OF THESE				EAT LESS OF THESE		
Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
		Amaranth, Buckwheat, Millet, Quinoa	PSEUDOGRAINS			
		Wild Rice	GRAINS CEREALS	Brown Rice, Oatmeal (split cut), Sprouted Wheat Bread, Spelt,	Barley, Bran Cereal, Bulgur Wheat, Corn, Grits, Oats & Oat Bran, Rye & Rye Breads, White Rice	Breads (white & "whole" grain), Farina, Flours (wheat, white) Pastries, Pasta, Tortillas
Herb Teas, Ginger Tea, Lemon Juice (fresh)	Deep Spring Water, Grapefruit Juice, Green Tea, Tomato Juice	Almond Milk, Apple Cider (fermented), Tap Water (filtered)	BEVERAGES	Apple Juice, Black Tea, Cow Milk, Grape Juice, Tap Water (unfiltered)	Coffee, Rice Milk	Beer, Gin, Reverse Osmosis Water, Scotch, Soft Drinks, Soy Milk, Vodka, Wine
Fermented Miso	Chili Pepper, Ginger (fresh), Horseradish	Balsamic Vinegar, Fermented Soy Sauce, Rice Vinegar, Sea Salt, Spices (most)	CONDIMENTS	Apple Cider Vinegar (raw), Mayonnaise, Mustard, Nutmeg	Ketchup, Sweet Pickle Relish	Red Wine Vinegar, White Vinegar
		Maple Syrup, Raw Honey, Stevia	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar, Raw Sugar,	Aspartame, Equal, NutraSweet, Sweet 'N Low
		Bee Pollen, Lecithin Granules	OTHER			Aspirin, Chemicals, Drugs (medicinal or not), Herbicides, Pesticides, Tobacco
<p>These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. There is occasional conflicting data, research is ongoing.</p> <p style="text-align: right;">© 2014 Marie Sternquist. All Rights Reserved.</p>						

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