

## A list of Acid | Alkaline Forming Foods

<b>Alkaline Forming Foods</b>	<b>Acid Forming Foods</b>
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VEGETABLE	FRUIT	MISC.	FATS & OILS	NUTS & BUTTERS	ALCOHOL
Garlic	Apple	Apple Cider	Canola Oil		Beer Spirits
Asparagus	Apricot	Vinegar	Corn Oil	Cashews	Hard Liquor
(Fermented)	Avocado	Probiotic Cultures	Flax Oil	Brazil Nuts	Wine
Veggies	Banana	Fresh Fruit Juice	Lard	Peanuts	
Watercress	Cantaloupe	Mineral Water	Olive Oil	Peanut Butter	<b>BEANS &amp; LEGUMES</b>
Beets	Cherries	Water	Safflower Oil	Pecans	
Broccoli	Dates/Figs	Green Tea	Sesame Oil	Tahini	Black Beans
Brussel	Grapes	Herbal Tea	Sunflower Oil	Walnuts	Chick Peas
sprouts	Grapefruit	Ginseng Tea			Green Peas
Cabbage	Lime		<b>FRUITS</b>	<b>PASTA</b>	Kidney Beans
Carrot	Honeydew Melon	<b>SEASONINGS</b>	Cranberries	(WHITE)	Lentils
Cauliflower	Nectarine	Cinnamon		Noodles	Lima Beans
Celery	Orange	Curry	<b>GRAINS</b>	Macaroni	Pinto Beans
Chard	Lemon	Ginger	Rice Cakes	Spaghetti	Red Beans
Collard	Peach	Mustard	Wheat Cakes		Soy Beans
Greens	Pear	Chili Pepper	Amaranth Barley	<b>OTHERS</b>	Soy Milk
Cucumber	Pineapple	Sea Salt	Buckwheat Corn	Distilled Vinegar	White Beans
Eggplant	All Berries	Miso	Oats (rolled)	Wheat Germ	Rice Milk
Kale	Tangerine	Tamari	Quinoa	Potatoes	Almond Milk
Lettuce	Tomato	All Herbs	Rice (all)		
Mushrooms	Tropical Fruits		Rye		
Nightshades	Watermelon		Spelt		
Mustard			Kamut		
Greens	<b>PROTEIN</b>		Wheat		
Edible	Almonds				
Flowers	Chestnuts				
Onions	Tofu (fermented)				
Peas	Flax Seeds				
Peppers	Pumpkin Seeds				
Pumpkin	Tempeh (fermented)				
Sea Veggies	Squash Seeds				
Sprouts	Sunflower Seeds				
Squashes	Millet				
Alfalfa	Sprouted Seeds				