



★★★★ Very Alkalizing

★★★ Somewhat Alkalizing

★★ Somewhat Acidifying

★ Very Acidifying

MEAT

- Beef ★
- Chicken ★
- Lamb ★★
- Pork ★
- Turkey ★★

FISH & SEAFOOD

- Fish ★★
- Lobster ★
- Shellfish ★★
- Squid ★

DAIRY & EGGS

- Aged cheese ★★
- Butter ★★
- Cottage cheese ★
- Cream ★★
- Eggs ★★
- Clarified butter ★★★
- New cheese ★
- Yogurt ★★

BEANS & LEGUMES

- Chick peas ★
- Green peas ★
- Kidney beans ★★
- Lentils ★★★★★
- Lima beans ★★
- Miso ★★★★★
- Navy beans ★★
- Peanuts ★
- Pinto beans ★★
- Snow peas ★
- Soybeans ★
- Split peas ★★
- Tempeh ★★

GRAINS & STARCHES

- Amaranth ★★★
- Barley ★
- Brown rice ★★
- Buckwheat ★★
- Corn (maize) ★
- Millet ★★
- Oats ★★★
- Quinoa ★★★
- Rye ★
- Wheat ★★
- White rice ★★
- Wild rice ★★★

VEGETABLES

- Asparagus ★★★★★
- Beet ★★★
- Broccoli ★★★★★
- Cabbage ★★★
- Carrot ★
- Cauliflower ★★★
- Celery ★★★
- Cucumber ★★★
- Eggplant ★★★
- Kale ★★★★★
- Lettuce ★★★
- Mushrooms ★★★
- Onion ★★★★★
- Potato ★★★
- Pumpkin ★★★
- Seaweed ★★★★★
- Spinach ★★
- Squash ★★★
- Sweet potato ★★★★★
- Tomato ★★
- Yam ★★★★★
- Zucchini ★★

FRUITS

- Apple ★★★
- Apricot ★★★
- Banana ★★★
- Blackberries ★★★
- Blueberries ★★★
- Cantaloupe ★★★★★
- Cherries ★★★
- Cranberries ★
- Date ★★
- Fig ★★
- Grapefruit ★★★★★
- Grapes ★★★
- Honeydew ★★★★★
- Lemon ★★★
- Lime ★★★★★
- Mango ★★★★★
- Nectarine ★★★★★
- Papaya ★★★
- Peach ★★★
- Pear ★★★
- Persimmon ★★★★★
- Pineapple ★★★★★
- Plum ★★
- Pomegranate ★
- Raisins ★★★
- Raspberries ★★★★★
- Strawberries ★★★
- Watermelon ★★★★★

BEVERAGES

- Beer ★
- Black tea ★★
- Coffee ★
- Green tea ★★★
- Kombucha ★★★★★
- Liquor ★★

NUTS & SEEDS

- Almonds ★★★
- Brazil nuts ★
- Cashews ★★★★★
- Coconut ★★
- Hazelnuts ★
- Pecans ★
- Pistachios ★
- Pumpkin seeds (pepitas) ★★★★★
- Sesame seeds ★★★
- Walnuts ★

SWEETENERS

- Aspartame ★
- Honey ★★
- Maple syrup ★★
- Molasses ★★★★★
- Rice syrup ★★★
- Saccharin ★
- Stevia ★★
- White sugar ★

FATS & OILS

- Almond oil ★★
- Avocado oil ★★★
- Canola oil ★★
- Coconut oil ★★★
- Cottonseed oil ★
- Flaxseed oil ★★★
- Olive oil ★★★
- Palm kernel oil ★
- Safflower oil ★★
- Sesame oil ★★
- Sunflower oil ★★