

	(The citrus acid contained in some of these fruits have an alkalizing effect in the body)		
ALKALIZING VEGETABLES	ALKALIZING FRUITS	ACIDIFYING VEGETABLES	ACIDIFYING NUTS & BUTTERS
Alfalfa	Apple	Corn	Cashews
Barley Grass	Apricot	Lentils	Legumes
Beets	Avocado	Olives	Peanuts
Beet Greens	Banana (high glycemic)	Winter Squash	Peanut Butter
Broccoli	Berries	FRUITS	Pecans
Cabbage	Blackberries	Blueberries	Tahini
Carrot	Cantaloupe	Canned or Glazed Fruits	Walnuts
Cauliflower	Cherries, sour	Cranberries	ANIMAL PROTEIN
Celery	Coconut, fresh	Currants	Bacon
Chard Greens	Currants	Plums**	Beef
Chlorella	Dates, dried	Prunes**	Carp
Collard Greens	Figs, dried	GRAINS	Clams
Cucumber	Grapes	Amaranth	Cod
Dandelions	Grapefruit*	Barley	Corned Beef
Dulce	Honeydew Melon	Bran, wheat	Fish
Edible Flowers	Lemon*	Bran, oat	Haddock
Eggplant	Lime*	Corn	Lamb
Fermented Veggies	Muskmelons	Cornstarch	Lobster
Garlic	Nectarine*	Hemp Seed Flour	Mussels
Green Beans	Orange*	Kamut	Organ Meats
Green Peas	Peach	Oats (rolled)	Oyster
Kale	Pear	Oatmeal	Pike
Kohlrabi	Pineapple	Quinoa	Pork
Lettuce	Raisins	Rice (all)	Rabbit
Mushrooms	Raspberries	Rice Cakes	Salmon
Mustard Greens	Rhubarb	Rye	Sardines
Nightshade Veggies	Strawberries	Spelt	Sausage
Onions	Tangerine*	Wheat	Scallops
Parsnips (high glycemic)	Tomato	Wheat Germ	Shrimp
Peas	Tropical Fruits	Noodles	Scallops
Peppers	Umeboshi Plums	Macaroni	Shellfish
Pumpkin	Watermelon	Spaghetti	Tuna
Radishes	PROTEIN	Bread	Turkey
Rutabaga	Almonds	Crackers, soda	Veal
Sea Veggies	Chestnuts	Flour, white	Venison
Spinach, green	Millet	Flour, wheat	FATS & OILS
Spirulina	Tempeh (fermented)	BEANS & LEGUMES	Avacado Oil
Sprouts	Tofu (fermented)	Black Beans	Butter
Sweet Potatoes	Whey Protein Powder	Chick Peas	Canola Oil
Tomatoes	SPICES & SEASONINGS	Green Peas	Corn Oil
Watercress	Cinnamon	Kidney Beans	Hemp Seed Oil
Wheat Grass	Curry	Lentils	Flax Oil
Wild Greens	Ginger	Pinto Beans	Lard
OTHER	Mustard	Red Beans	Olive Oil
Apple Cider Vinegar	Chili Pepper	Soy Beans	Safflower Oil
Bee Pollen	Sea Salt	Soy Milk	Sesame Oil
Lecithin Granules	Miso	White Beans	Sunflower Oil
Molasses, blackstrap	Tamari	Rice Milk	SWEETENERS
Probiotic Cultures	All Herbs	Almond Milk	Carob
Soured Dairy Products	ORIENTAL VEGETABLES	DAIRY	Sugar
Green Juices	Maitake	Butter	Corn Syrup
Veggie Juices	Daikon	Cheese	OTHER FOODS
Fresh Fruit Juice	Dandelion Root	Cheese, Processed	Catsup
Mineral Water	Shitake	Ice Cream	Cocoa
Alkaline Antioxidant Water	Kombu	Ice Milk	Coffee
	Reishi		Vinegar
	Nori		Mustard
	Umeboshi		Pepper
	Wakame		Soft Drinks