

Food	High Acid	Medium Acid	Low Acid	pH 7.0	Low Alkaline	Medium Alkaline	High Alkaline
Drugs Herbs	Antibiotics Antiseptics NSAIDS	Psychotropics	Antihistamines Cold & cough medicines		Algae Aloe vera Angelica Arnica Artemisia Chrysanthemum Echinacea Ephedra Feverfew Goldenseal Lemongrass Nettle Slippery elm White willow bark	Antacids Agave Black cohosh Cinnamon Diuretics Licorice Valerian	Baking soda
Sweeteners	Brown sugar Corn syrup White sugar	Aspartame Saccharin	Stevia Honey Maple syrup		Sucanat Honey Rice syrup	Molasses	
Dressings Condiments Oils Spices	Caesar dressing Cottonseed oil Cranberry sauce Fruit preserves Hazelnut butter Jams & jellies Miso Red wine vinegar Table salt White vinegar	Almond oil Balsamic vinegar Ketchup Lard Mustard Nutmeg Peanut oil Pickle relish Soybean oil Pasta sauce w/meat	Balsamic vinegar Canola oil Curry powder French dressing Grape seed oil Mayonnaise MSG Pumpkin seed oil Rice vinegar Russian dressing Safflower oil Sesame oil Sunflower oil Thousand island dressing Tomato paste Vanilla extract		Apple cider vinegar Avocado oil Bay leaf Canola oil Cayenne Celery seeds Coconut oil Cod liver oil Dill seeds Flax seed oil Italian dressing Linseed oil Olive oil Primrose oil Sesame oil	Apple cider vinegar Basil Black pepper Cilantro Cinnamon Dill weed Fennel seeds Garlic Macadamia oil Marjoram Oregano Poppy seed Soy sauce (tamari) Tarragon Thyme Watercress	Ginger root Horseradish Paprika Parsley Sea salt
Alcoholic beverages	Hard liquors Pale beer	Dark beer Wine (red & white)					
Other beverages	Cola & other soft drinks Espresso Soy milk	Apple cider Coffee	Almond milk (sweetened) Apple juice Carrot juice Kona coffee		Chamomile tea Ginger tea Green tea Herbal tea	Grapefruit juice	Ginger tea Mineral water

Nuts Legumes Seeds	Brazil nuts Hazelnuts Soy beans Soy nuts Walnuts	Peanuts Pecans Pistachios	Baked beans Black beans Butter beans Kidney beans Lima beans Mung beans Navy beans Pine nuts Pinto beans String beans White beans		Almonds Celery seeds Flax seeds Garbanzo beans Green peas Macadamia nuts Quinoa seeds Sesame seeds Snow peas Split peas Sunflower seeds	Cashews Cumin seeds Lentils Poppy seeds	Chestnuts Pumpkin seeds
Butter Cheese Dairy Eggs	American cheese Camembert Cheddar Eggs Gouda Hard cheese Hazelnut butter Ice cream Mozzarella Swiss cheese Soy cheese Soy milk Tofu Yeast Yogurt	Chocolate milk Cottage cheese Cream cheese Peanut butter Pistachio butter Rice milk Soft cheese	Butter Cows' milk Cows' milk yogurt Cream Goat's milk Kefir Skim milk Sour cream		Almond milk Almond butter Cows' milk whey Margarine Sesame butter	Apple butter Cashew butter	
Desserts	Brownies Carrot cake Cheesecake Coffee cake Cookies Cupcakes Frozen tofu Milkshakes Pies Puddings Tapioca Tofu	Apple pie Dried cranberries	Dried apricots Dried figs Dried prunes		Apple crisp		
Fruits Fruit juices	Cranberry sauce	Cranberries Pomegranates	Dates Figs Plums Prunes Rhubarb		Apple juice Coconut Grape juice Orange juice Pear juice	Apples Apple cider Apricots Bananas Blueberries Boysenberries Cherries Currants & raisins	Blackberries Cantaloupe Honeydew melon Kiwis Lemon juice Limes Lime juice Mandarin oranges

					Guava Grapes Grapefruit Grapefruit juice Lemons Loganberries Oranges Peaches Pears Pineapple juice Tangelos	Mangos Nectarines Papayas Persimmon Pineapple Raspberries Strawberries Tangerines Watermelon
Vegetables Vegetable juices	French fries Fried food Onion rings	Corn Olives Rye Sweet pickles White rice	Brown rice Carrots Carrot juice Cole slaw Green beans Green peas Hummus Spinach Snap beans Swiss chard Tomatoes Tomato juice Vegetable juices Wax beans Yellow beans	Baked potato Brown rice Brussels sprouts Cucumbers Hash brown potatoes Wild rice	Artichokes Arugula Avocado Baked potato Bean sprouts Beets Bell peppers Broccoli Cabbage Cauliflower Cilantro Dandelion greens Dill pickles Eggplant Endive Garlic Ginger root Jerusalem artichoke Jicama Lettuce Mushrooms Okra Potatoes Pumpkin Salad greens Sauerkraut Scallions Snow peas Squash Turnip greens Turnips Watercress Zucchini	Mustard greens Onions Parsnips Radishes Rutabagas Sweet potato Taro root Vegetable juices Yams

Meat Fish	Bacon Beef bologna Chicken Chicken nuggets Corned beef Deli sandwiches Frankfurters Fried fish Goose Hamburger Lobster Mussels Pepperoni Pheasant Pork Roasts Salami Sausage Shrimp Steak Swordfish Veal	Bass Bison Bratwurst Catfish Crab Duck Flounder Goat Haddock Halibut Ham Herring Knockwurst Lamb Liver Liverwurst Mackerel Oysters Pastrami Pepperoni Perch Rabbit Salmon Scallops Sea bass Snapper Tuna Turkey Turkey bologna Venison Whitefish Yellowtail					
Breads Cakes Chips	Bagels Biscuits Breadsticks Cake Cinnamon-raisin bread Corn chips Crackers Croissants Croutons Donuts Pita bread Quiche Saltine crackers	Corn tortillas Pumpnickel Rye bread Rye crackers Whole wheat					

	White flour & tortillas					
Cereals Pasta Flour Grains	Barley Egg noodles Lasagna Linguine Macaroni Macaroni & cheese Maize Pancakes Rice flour Soy flour Soy grits Spaghetti Waffles Wheat flour	Bran flakes Bulgur wheat Corn flakes Corn grits Corn meal Frosted flakes Oat bran Puffed rice Rye flour Whole barley Whole wheat flour	Buckwheat Granola (sweet) Kasha Millet Puffed rice (brown) Millet flour Barley flour Rice flour (brown)		Granola (unsweetened) Oatmeal (unsweetened) Oat flour Wild rice	
Soups	Chicken noodle		Black bean Split pea Tomato		Vegetable Borscht	
Fast food Snacks	Apple pie Breakfast sandwich Bacon & eggs Biscuits Burritos Chicken nuggets Chicken sandwich Chili (beans & beef) Corn chips Fish filet Frankfurters French fries Frozen yogurt Hamburger Milkshake Pizza Potato chips (fried) Pretzels Roast beef sandwich Sausage & eggs Soft drinks Tacos Tortilla chips (fried)	Popcorn Popcorn cakes White rice cakes	Brown rice cakes		Hash browns Potato chips (baked)	Baked potato