

Acid forming foods:

Alcohol, asparagus, beans, Brussels sprouts, cocoa, coffee, cornstarch, cranberries, eggs, fish, flour, poultry, prunes, sauerkraut, shellfish, soft drinks, legumes, lentils, meat, organ meats, milk, mustard, noodles, oatmeal, olives, pasta, pepper, plums, sugar, tea, vinegar, aspirin, tobacco and most drugs.

Low-level acid forming foods:

Butter, canned or glazed fruits, cheeses, dried coconut, dried fruits (most), grains (most), ice cream, lamb, nuts and seeds.

Alkaline forming foods:

Avocados, corn, dates, fresh coconut, fresh fruits (most), fresh vegetables (most), honey, maple syrup, Molasses, raisins, soy products, citrus fruits (all).

Low-level alkaline forming foods:

Almonds, blackstrap molasses, Brazil nuts, buckwheat, chestnuts, lima beans, millet, soured dairy products.