

Food Group	Most Alkaline	Alkaline	Mildly Alkaline	Mildly Acidic	Acidic	Most Acidic
Grains, Cereals			Oats/Oatmeal Quinoa, Wild Rice Amaranth Granola (unsweetened)	Millet Kasha Brown Rice Granola (unsweetened)	Buckwheat Whole Wheat Spelt, White Rice Rye, Corn Barley, Oat Bran	White Flour Pasta Couscous Breakfast Cereals Soy Flour
Poultry, Pork, Beef, Fish				Wild Duck Venison	Lamb/Mutton Pork, Turkey Chicken Most Fish	Beef Lobster Shrimp Swordfish
Eggs, Dairy Milk Substitutes		Coconut Milk	Clarified Butter Ghee Whey Almond Milk	Eggs, Butter Low Fat Cow's Milk Yogurt Kefir	Rice Milk Soy Milk Cottage Cheese Cream Cheese	Processed, Soft & Hard Cheeses Ice Cream
Beans Legumes		Lentils Bean Sprouts	Edamame (Fresh Soybeans in Pod) Snow Peas	Most Beans Split Peas String Beans	Peanuts Peanut Butter	Soy Beans Tofu All Canned Beans
Nuts Nut butters Seeds	Chestnuts, Pumpkin Seeds	Raw Cashews Cashew Butter Cumin Seeds	Raw Almonds Almond Butter Flax Seeds Macadamia Nuts Sunflower Seeds	Pine Nuts	Pecans Pistachio Nuts	Hazelnuts Butter Walnuts Brazil Nuts Soy Nuts
Vegetables	Most Vegetables, Raw Spinach, Sweet Potatoes	Beets, Broccoli Cauliflower Red & Green Peppers Potatoes Squash	Organic Carrots Cucumber Mushrooms	Cooked Spinach Tomatoes	Corn	
Fruits	Limes Melons Strawberries Pineapple	Lemons, Apples Banana Blueberries Grapefruit Oranges, Raisins Avocado	Coconut	Plums Prunes Dried Fruits	Pomegranates Cranberries Ripe Olive	
Oils			Coconut Oil Olive Oil Flaxseed Oil	Butter Canola Oil Safflower Oil Sunflower Oil Vegetable Oil	Peanut Oil Soybean Oil Store Bought Salad Dressings	Cottonseed Oil, All Oils Used' For Fried Foods
Sweeteners		Agave Nectar Molasses	Rice Syrup	Honey Maple Syrup Stevia	Saccharin Aspartame	Brown & White Sugar, Cocoa Corn Syrup
Beverages	Lemon Water Fresh Vegetable Juice Mineral Water Kombucha	Green Tea Apple Cider Coconut Milk Herbal Tea	Almond Milk (Unsweetened)	Black Tea Cow's Milk Vegetable Juice (Commercial) Tap Water	Coffee (Regular) Chocolate Milk Rice Milk Red & White Wine	Espresso Beer Soft Drinks Soy Milk Alcohol
Condiments	Soy Sauce, Horseradish	Apple Cider Vinegar	Curry Paste Red Chili Sauce	Rice Vinegar Balsamic Vinegar Mayonnaise	Ketchup Mustard Relish Steak & BBQ Sauce	Red & White Wine Vinegar