

| Most Alkaline | Medium Alkaline | Low Alkaline | Foods | Low Acid | Medium Acid | Most Acid |
|---|---|--|--|---|---|---|
| broccoli; cucumber; cilantro; oriental greens; garlic; onions; kale; spinach; parsley; sea vegetables; greens + "green drink" | bell pepper; cauliflower; parsnip; endive; ginger root; sweet potato; cabbage; celery; carrots; asparagus | Brussel sprouts; beets: tops & roots; tomatoes & tomatoe juice; fresh peas; dark lettuce; all mushrooms; fresh potato w/skin; pumkin; squash; tempeh | Vegetables, Beans, Legumes only use non-GMO foods | corn; lentils; peanuts w/skin; organic peanut butter; soy protein powder; beans: kidney, lima navy, pinto, white, black; peas: green; split & chick; tofu (extra firm); edamame | salted peanut butter | processed soybeans; salted & sweetened peanut butter |
| cantaloupe; honeydew; raisins; nectarine; raspberry; watermelon; fresh black cherries; black olives in oil | apple; avocado; pink grapefruit; lemons; limes; mangoes; pear; peach | fresh pineapple; apricot; grapes; blueberry; strawberry; blackberry; papaya | Fruits | dried fruit; natural figs; dates; prunes; banana; unsweetened canned fruit; natural fruit juice; unsweetened jams; unsweetened preserves | olives; pickles; sweetened fruit juice; sweetened canned fruit; sweetened jams; sweetened preserves | cranberry; dried fruit; sulfured |
| Celtic sea salt; RealSalt (Great Salt Lake); miso & natto; cayenne; ashwagandha; gotu kola; ginkgo biloba; baking soda (sodium bicarbonate) | cinnamon; ginger; dill; mint; peppermint; turmeric; rhodiola; basil; oregano; licorice root; Siberian ginseng | most herbs; curry; mustard powder; kola nut; tamari; milk thistle; maca; astragalus; suma; echinacea | Seasonings Herbs, Spices | tahini; carob; cocoa; regular table salt | vanilla; nutmeg; mayonnaise; ketchup | black pepper; MSG; soya sauce; brewer's & nutritional yeast |
| electon-rich alkaline water; plasma activated water (PAW) | Teas: green, matcha green, ginger; rooibos; chamomile; water; ozonated water; ionized water | dry red wine; unsweetened almond milk; distilled water; beer (draft) or dark stout; black coffee (organic) | Beverages | unsweetened soy milk; unsweetened rice milk; black tea; black coffee; decaf coffee | coffee (milk & sugar) | alcoholic drinks; soft drinks |
| bee pollen; soy lectithin granules; dairy-free probiotic cultures | aloe vera juice | whole oats; quinoa; wild rice; millet & spelt; hemp protein powder | Grains Cereals, Other | brown & basmati rice; wheat & buckwheat; kasha; amaranth; whole wheat & corn pasta; whole grain bread | plain rice protein powder; rolled oats & oat bran; rye; white bread; white pasta; white rice | barley; pastries; cakes; tarts; cookies |
| pumpkin seeds; almonds w/skin; plain almond butter w/skin; all sprouts; wheat grass; alfalfa grass; barley grass | extra virgin olive oil; borage oil & primrose oil; chestnuts; nuts: Brazil & macadamia; light & dark flaxseeds; black currant oil | hazelnuts; flaxseed & sea buckthorn oils; hemp seeds & oil; sesame seeds & oil; sunflower seeds & oil; fresh coconut & oil | Nuts & Seeds, Grasses & Sprouts, Oils | popcorn; canola oil; grape seed oil; green soybeans; pine nuts; safflower oil | cashews; pecans; walnuts | pistachios; trans fatty acids; acrylamides |
| | wild; ultra-pure omega3 fish oil CLA (conjugated linoleic acid) | cod liver oil | Meats Fish & Fowl | fish; turkey; venison; wild duck; seafood | chicken; lamb; pork; veal | beef; lobster |
| human breast milk | dairy probiotic cultures; whey protein isolate powder | soft goat cheese; fresh goat milk | Dairy, Eggs | cow's milk; cream; yogurt; butter; buttermilk; white of chicken eggs | soy cheese & soft cheese; ice cream; whole chicken eggs | processed cheese; hard cheese; yolk of chicken eggs |
| | (unsulfured) blackstrap molasses | stevia; brown rice syrup; pure maple syrup; unpasteurized honey | Sweeteners | commercial honey | corn syrup & fructose; high-fructose corn syrup; sugar | artificial sweeteners |
| | apple cider vinegar | | Vinegar | rice vinegar | balsamic vinegar | white vinegar |