

People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.

ALKALIZING FOODS

VEGETABLES	FRUITS	OTHER
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented	Avocado	Lecithin Granules
Veggies	Banana (high glycemic)	Probiotic Cultures
Watercress	Cantaloupe	Green Juices
Beets	Cherries	Veggies Juices
Broccoli	Currants	Fresh Fruit Juice
Brussel sprouts	Dates/Figs	Organic Milk
Cabbage	Grapes	(unpasteurized)
Carrot	Grapefruit	Mineral Water
Cauliflower	Lime	Alkaline Antioxidant
Celery	Honeydew	Water
Chard	Melon	Green Tea
Chlorella	Nectarine	Herbal Tea
Collard Greens	Orange	Dandelion Tea
Cucumber	Lemon	Ginseng Tea
Eggplant	Peach	Banchi Tea
Kale	Pear	Kombucha
Kohlrabi	Pineapple	
Lettuce	All Berries	SWEETENERS
Mushrooms	Tangerine	Stevia
Mustard Greens	Tomato	
Dulce	Tropical Fruits	SPICES/SEASONINGS
Dandelions	Watermelon	Cinnamon
Edible Flowers		Curry
Onions	PROTEIN	Ginger
Parsnips (high glycemic)	Eggs	Mustard
Peas	Whey Protein	Chili Pepper
Peppers	Powder	Sea Salt
Pumpkin	Cottage	Miso
Rutabaga	Cheese	Tamari
Sea Veggies	Chicken Breast	All Herbs
Spirulina	Yogurt	
Sprouts	Almonds	ORIENTAL
Squashes	Chestnuts	VEGETABLES
Alfalfa	Tofu	Maitake
Barley Grass	(fermented)	Daikon
Wheat Grass	Flax Seeds	Dandelion Root
Wild Greens	Pumpkin Seeds	Shitake
Nightshade	Tempeh	Kombu
Veggies	(fermented)	Reishi
	Squash Seeds	Nori
	Sunflower	Umeshoshi
	Seeds	Wakame
	Millet	Sea Veggies
	Sprouted	
	Seeds	
	Nuts	

ACIDIFYING FOODS

FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Avocado Oil	Cashews	Chemicals
Canola Oil	Brazil Nuts	Drugs,
Corn Oil	Peanut	Medicinal
Hemp Seed Oil	Peanut	Drugs,
Flax Oil	Butter	Psychedelic
Lard	Pecans	Pesticides
Olive Oil	Tahini	Herbicides
Safflower Oil	Walnuts	
Sesame Oil		ALCOHOL
Sunflower Oil		Beer
	ANIMAL PROTEIN	Spirits
FRUITS	Beef	Hard Liquor
Cranberries	Carp	Wine
	Clams	
GRAINS	Fish	BEANS & LEGUMES
Rice Cakes	Lamb	Black Beans
Wheat Cakes	Lobster	Chick Peas
Amaranth	Mussels	Green Peas
Barley	Oyster	Kidney Beans
Buckwheat	Pork	Lentils
Corn	Rabbit	Lima Beans
Oats (rolled)	Salmon	Pinto Beans
Quinoa	Shrimp	Red Beans
Rice (all)	Scallops	Soy Beans
Rye	Tuna	Soy Milk
Spelt	Turkey	White Beans
Kamut	Venison	Rice Milk
Wheat		Almond Milk
Hemp Seed Flour	PASTA (WHITE)	
	Noodles	
DAIRY	Macaroni	
Cheese, Cow	Spaghetti	
Cheese, Goat		
Cheese,	OTHER	
Processed	Distilled	
Cheese,	Vinegar	
Sheep	Wheat	
Milk	Germ	
Butter	Potatoes	