

20 % ACID-FORMING FOODS:

(20% of your daily diet need to consist of Acid-forming foods)

Fruits

Slightly Acidic

Cranberries
Plums
Prunes
Juice

Acidic

All preserved or jellied
Canned fruit
Sugared
Dried sulphured glazed fruits
Raw with sugar
Green bananas
Pickled olives

Dairy Products

Butter
Cheese (all)
Cottage cheese
Cream
Ice cream
Custard
Long life milk

Vegetables

Slightly Acidic

Soybeans
Mushrooms (most varieties)

Acidic

Artichokes
Asparagus tips
White beans
All dried brussels sprouts
Garbanzos
Rhubarb
Lentils

Miscellaneous

All alcoholic drinks
Candy and confectionery
Cocoa and chocolate
Soft drinks
Coffee
Condiments – dressings and thick sauces
Drugs and aspirin
Eggs - especially whites
Ginger preserved
Jams and jellies

Flavourings

Marmalades
Mayonnaise
Preservatives like benzoate, sulphur,
vinegar, brine, smoke
Sago (starch)
Soda water
Tapioca
Tobacco-juice
Snuff
Smoke/Tobacco

Meat

All meats
Fowl
Fish
Shellfish
Gelatine
Gravies

Cereals

All flour products
Barley, breads (all kinds)
Cakes
Corn
Cornmeal
Cornflakes
Starch
Crackers (all)
Doughnuts
Macaroni
Spaghetti
Noodles
Oatmeal
Rice (slightly)
Rye
Crisp

Nuts

All nuts roasted
Dried coconut
Peanuts

80% ALKALINE–FORMING

FOODS:

(80% of your daily diet need to consist of Alkaline-forming foods)

Fruits	
Apples	Lime
Cider vinegar	Loquats
Raw apple cider vinegar	Mangoes
Apricots	Melons (all)
Avocados	Nectarines
Bananas	Olives
Breadfruit	Oranges
Cactus	Papayas
Cantaloupe	Passionfruit
Carob (pod only)	Peaches
Cherries	Pears
Currant	Persimmons
Dates,	Pineapple
Figs	Pomegranates
Grapes	Quince
Grapefruit	Raisins
Guavas	Tamarind
Kumquats	Tangerines
Lemons (ripe)	Tomatoes.

Vegetables	
Cabbage – red and white	Kalo
Carrots	Leek
Celery (entire)	Legumes
Cauliflower	Lettuce
Chard	Okra
Chicory	Onions
Artichokes	Oyster plant
Bamboo shoots	Parsley
Beans - green, lima, sprout, beets and tops	Parsnip
Broccoli	Peppers
Asparagus (ripe)	Potatoes
Chives	Pumpkin
Collards	Radish
Cowslip	Sauerkraut (lemon only)
Cucumber	Sorrel
Dandelions	Spinach
Eggplant	Squash
Garlic	Taro (baked)
Horseradish (fresh)	Turnips
	Water chestnut
	Watercress

Miscellaneous
Agar
Alfalfa products
Coffee substitute
Ginger
Honey
Kelp
Teas – all unsweetened
Yeast

Dairy
Buttermilk
Full cream milk (human, cow or goat)
Whey
Yoghurt
Milk kefir

Cereal
Millet
Buckwheat

Nuts
Almonds
Chestnuts
Roasted
Coconut fresh