

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

<b>ALKALIZING FOODS</b>			<b>ACIDIFYING FOODS</b>		
<p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li>Garlic</li> <li>Asparagus</li> <li>Fermented</li> <li>Veggies</li> <li>Watercress</li> <li>Beets</li> <li>Broccoli</li> <li>Brussel sprouts</li> <li>Cabbage</li> <li>Carrot</li> <li>Cauliflower</li> <li>Celery</li> <li>Chard</li> <li>Chlorella</li> <li>Collard Greens</li> <li>Cucumber</li> <li>Eggplant</li> <li>Kale</li> <li>Kohlrabi</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Mustard Greens</li> <li>Dulce</li> <li>Dandelions</li> <li>Edible Flowers</li> <li>Onions</li> <li>Parsnips (high glyceemic)</li> <li>Peas</li> <li>Peppers</li> <li>Pumpkin</li> <li>Rutabaga</li> <li>Sea Veggies</li> <li>Spirulina</li> <li>Sprouts</li> <li>Squashes</li> <li>Alfalfa</li> <li>Barley Grass</li> <li>Wheat Grass</li> <li>Wild Greens</li> <li>Nightshade</li> <li>Veggies</li> </ul>	<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>Apple</li> <li>Apricot</li> <li>Avocado</li> <li>Banana (high glyceemic)</li> <li>Cantaloupe</li> <li>Cherries</li> <li>Currants</li> <li>Dates/Figs</li> <li>Grapes</li> <li>Grapefruit</li> <li>Lime</li> <li>Honeydew</li> <li>Melon</li> <li>Nectarine</li> <li>Orange</li> <li>Lemon</li> <li>Peach</li> <li>Pear</li> <li>Pineapple</li> <li>All Berries</li> <li>Tangerine</li> <li>Tomato</li> <li>Tropical Fruits</li> <li>Watermelon</li> </ul> <p><b>PROTEIN</b></p> <ul style="list-style-type: none"> <li>Eggs</li> <li>Whey Protein</li> <li>Powder</li> <li>Cottage</li> <li>Cheese</li> <li>Chicken Breast</li> <li>Yogurt</li> <li>Almonds</li> <li>Chestnuts</li> <li>Tofu</li> <li>(fermented)</li> <li>Flax Seeds</li> <li>Pumpkin Seeds</li> <li>Tempeh</li> <li>(fermented)</li> <li>Squash Seeds</li> <li>Sunflower</li> <li>Seeds</li> <li>Millet</li> <li>Sprouted</li> <li>Seeds</li> <li>Nuts</li> </ul>	<p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>Apple Cider Vinegar</li> <li>Bee Pollen</li> <li>Lecithin Granules</li> <li>Probiotic Cultures</li> <li>Green Juices</li> <li>Veggies Juices</li> <li>Fresh Fruit Juice</li> <li>Organic Milk</li> <li>(unpasteurized)</li> <li>Mineral Water</li> <li>Alkaline Antioxidant</li> <li>Water</li> <li>Green Tea</li> <li>Herbal Tea</li> <li>Dandelion Tea</li> <li>Ginseng Tea</li> <li>Banchi Tea</li> <li>Kombucha</li> </ul> <p><b>SWEETENERS</b></p> <ul style="list-style-type: none"> <li>Stevia</li> </ul> <p><b>SPICES/SEASONINGS</b></p> <ul style="list-style-type: none"> <li>Cinnamon</li> <li>Curry</li> <li>Ginger</li> <li>Mustard</li> <li>Chili Pepper</li> <li>Sea Salt</li> <li>Miso</li> <li>Tamari</li> <li>All Herbs</li> </ul> <p><b>ORIENTAL VEGETABLES</b></p> <ul style="list-style-type: none"> <li>Maitake</li> <li>Daikon</li> <li>Dandelion Root</li> <li>Shitake</li> <li>Kombu</li> <li>Reishi</li> <li>Nori</li> <li>Umeboshi</li> <li>Wakame</li> <li>Sea Veggies</li> </ul>	<p><b>FATS &amp; OILS</b></p> <ul style="list-style-type: none"> <li>Avocado Oil</li> <li>Canola Oil</li> <li>Corn Oil</li> <li>Hemp Seed Oil</li> <li>Flax Oil</li> <li>Lard</li> <li>Olive Oil</li> <li>Safflower Oil</li> <li>Sesame Oil</li> <li>Sunflower Oil</li> </ul> <p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li>Cranberries</li> </ul> <p><b>GRAINS</b></p> <ul style="list-style-type: none"> <li>Rice Cakes</li> <li>Wheat Cakes</li> <li>Amaranth</li> <li>Barley</li> <li>Buckwheat</li> <li>Corn</li> <li>Oats (rolled)</li> <li>Quinoi</li> <li>Rice (all)</li> <li>Rye</li> <li>Spelt</li> <li>Kamut</li> <li>Wheat</li> <li>Hemp Seed</li> <li>Flour</li> </ul> <p><b>DAIRY</b></p> <ul style="list-style-type: none"> <li>Cheese, Cow</li> <li>Cheese, Goat</li> <li>Cheese,</li> <li>Processed</li> <li>Cheese,</li> <li>Sheep</li> <li>Milk</li> <li>Butter</li> </ul>	<p><b>NUTS &amp; BUTTERS</b></p> <ul style="list-style-type: none"> <li>Cashews</li> <li>Brazil Nuts</li> <li>Peanuts</li> <li>Peanut Oil</li> <li>Butter</li> <li>Pecans</li> <li>Tahini</li> <li>Walnuts</li> </ul> <p><b>ANIMAL PROTEIN</b></p> <ul style="list-style-type: none"> <li>Beef</li> <li>Carp</li> <li>Clams</li> <li>Fish</li> <li>Lamb</li> <li>Lobster</li> <li>Mussels</li> <li>Oyster</li> <li>Pork</li> <li>Rabbit</li> <li>Salmon</li> <li>Shrimp</li> <li>Scallops</li> <li>Tuna</li> <li>Turkey</li> <li>Venison</li> </ul> <p><b>PASTA (WHITE)</b></p> <ul style="list-style-type: none"> <li>Noodles</li> <li>Macaroni</li> <li>Spaghetti</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>Distilled</li> <li>Vinegar</li> <li>Wheat</li> <li>Germ</li> <li>Potatoes</li> </ul>	<p><b>DRUGS &amp; CHEMICALS</b></p> <ul style="list-style-type: none"> <li>Chemicals</li> <li>Drugs,</li> <li>Medicinal</li> <li>Drugs,</li> <li>Psychedelic</li> <li>Pesticides</li> <li>Herbicides</li> </ul> <p><b>ALCOHOL</b></p> <ul style="list-style-type: none"> <li>Beer</li> <li>Spirits</li> <li>Hard Liquor</li> <li>Wine</li> </ul> <p><b>BEANS &amp; LEGUMES</b></p> <ul style="list-style-type: none"> <li>Black Beans</li> <li>Chick Peas</li> <li>Green Peas</li> <li>Kidney Beans</li> <li>Lentils</li> <li>Lima Beans</li> <li>Pinto Beans</li> <li>Red Beans</li> <li>Soy Beans</li> <li>Soy Milk</li> <li>White Beans</li> <li>Rice Milk</li> <li>Almond Milk</li> </ul>