










# FIRST GUIDE

# Acid/alkaline foods at a glance

MOST ACIDIC	ACIDIC	MILDLY ACIDIC	Food categories	MILDLY ALKALINE	ALKALINE	MOST ALKALINE
cranberries, blackberries, prunes, raisins	sour cherries, rhubarb	oranges, plums, raspberries, strawberries	<i>fruits</i> 	bananas, cherries, pineapple, peaches, coconut	melon, grapes, blueberries, figs, apples, dates	watermelon, limes, lemons, grapefruit, avocado
pickles	potatoes, corn, peas	string beans, chard	<i>vegetables</i> 	pumpkin, sweet potato, mushrooms	peppers, beets, carrots, celery, cabbage, tomatoes	spinach, cauliflower, watercress, broccoli, cucumber, kale
	chickpeas, pinto beans, white beans	fava beans, black eyed peas, lentils	<i>beans &amp; legumes</i> 	tofu	lima beans, fresh soy beans (edamame)	bean sprouts
white flour, white rice	brown rice, rye, wheat, oats	sprouted wheat bread, buckwheat	<i>grains</i> 	amaranth, millet, quinoa, wild rice		
peanuts, walnuts	pecans, cashews, pistachios	pumpkin seeds, sunflower seeds, flaxseed	<i>nuts &amp; seeds</i> 	chestnuts, pine nuts	raw almonds, sesame seeds, chia seeds	
beef, pork, shellfish, cheese, milk, ice cream	turkey, lamb, chicken, butter, cottage cheese	venison, most fish, buttermilk eggs, yogurt	<i>animal products</i> 	goat's milk, soy milk, goat cheese		
		corn oil	<i>oils</i> 	canola oil, avocado oil	flaxseed oil, coconut oil	olive oil
Splenda, Equal, NutraSweet, Sweet'N Low	white sugar, brown sugar	agave nectar, brown rice syrup, molasses	<i>sweeteners</i> 	raw honey, raw sugar	maple syrup	stevia
beer, wine, soda	coffee	black tea, green tea, white tea	<i>drinks</i> 	almond milk, raw apple cider vinegar	coconut water, kombucha	lemon water, green juice, herbal tea