

Acid-Alkaline Food List (Highly Restricted)

Vegetables

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
Beetroot	Brussel sprouts	Dried peas (cooked/raw)	
Lentil sprouts	Cabbage (white, red)		
Mungbean sprouts	Carrot		
	Celery		
	Chayote		
	Green beans		
	Romaine lettuce		
	Iceberg lettuce		
	Spring onion		
	Rutabaga		

Fruits

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
	Banana (not sugar enhanced)	Papaya	
		Pawpaw	
		Pear	

Carbohydrates

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
	Potato, charisma	Brown rice	Basmati rice
	Potato, new	Buckwheat	Pasta (gluten-free)
	Potato, white	Oats (gluten-free)	Rice crackers
	Sweet potato	Quinoa	
	Sprouted grains	Rice milk	
		Soy	

Protein

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
		Beans (no broad bean)	Salmon
		Chicken	
		Fish	
		Chickpeas	
		Lamb	
		Lentils	
		Soy milk	
		Tuna	
		Veal	

Flavourers

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
	Celtic sea salt, unrefined	Carob powder	Golden syrup
	Chives	Maple syrup, real	
	Garlic	Vanilla essence, real	
	Lecithin granules		
	Vanilla, whole bean		
	Rice malt syrup		
	Saffron		

Beverages

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
Broth, homemade	Mineral water, pure and organic	Rice milk, organic	
Vegetable juice, (highly restricted)	Water, filtered and spring	Soy milk, organic	
Fruit juice, (highly restricted)			

Nuts, oils

Strongly Alkalizing	Alkalizing	Acidifying	Strongly Acidifying
		Cashew nuts, raw unsalted	
		Rice bran oil	
		Refined safflower oil (not extra virgin)	