HIGH	MEDIUM	LOW	FOOD	LOW	MEDIUM	HIGH
ALKALINE	ALKALINE	ALKALINE	GROUPS	ACIDIC	ACIDIC	ACIDIC
Lentils	Carob	Tea, Ginger, Ginseng, Mu		Most Beans become	Fruit Juices, added sugar	Beer
		Vinegar, sweet brown rice		Alkaline when sprouted	Wine	Coffee
Lemon Water	Kambucha, Tea, green		BEANS	Adzuki, Fava, Garbanzo		Hops
Teas, herbal	Vinegar, Apple Cider	Amaranth	AND	Kidney, Lima, Mung	Barley Groats	Liquor
Mineral Water		Bread, Essene	LEGUMES	Navy, Pinto, Red	Bread, wheat, organic,	Malt
Fresh Juice	Alfalfa Sprouts	Grains, sprouted		Soy Beans, cooked	sprouted	Sodas, especially Colas
		Millet, Quinoa			Buckwheat, refined	Tea, black
Dates, raw	Apples, sweet	Rice, japonica & wild		Tea, Vinegar, balsamic	Cereal, refined	Wine
Grapefruit	Apricots				Corn	White Vinegar, white
Grapes, sweet	Avocados	Cheese, Milk:, goat & soy	DRINKS	Barley, Bran, Cornmeal	Oats	processed
Kiwi	Bananas, ripe	Egg, yolks, soft cooked	AND	Bread, wheat, sprouted	Rice, basmati, brown &	
Lemons	Figs	Eggs, quail & duck	LIQUIDS	Cereals, unrefined &	white	Cereals, refined,
Limes	Grapes, sour			sweetened with honey,	Rye	sweetened with sugars
Mangos Melons	Nectarines	Apples, sour		fruit or maple syrup	Wheat Germ	Semolina
Papaya	Oranges	Blackberries		Crackers, rice or wheat,	Whole Wheat Products	Wheat, White Flour foods
Pineapple	Peaches, Pears	Cherries, sweet		unrefined		
Plums, umeboshi	Raspberries	Rhubarb	CEREAL	Farina, Kasha	Cheese, sharp	Cheese, processed
Raisins	Strawberries	Olives, ripe	AND	Pasta, Pastry: whole grain	Egg, whole cooked hard	Custard with white sugar
Tangerines	Chestnuts, raw		GRAINS	Spelt, Tapioca	Milk, raw	Ice Cream
		Almonds			Tapioca	Ice Milk
Baking Soda	Flax Seed	Coconut, fresh		Butter, salted	Yogurt, sweetened	Milk,homogenized
Stevia	Ginger, raw	Chestnuts, dry roasted		Buttermilk		Pudding
	Molasses: blackstrap,	Pumpkin, Sunflower,	DAIRY	Cheese, mild or crumbly	Bananas, green	
Asparagus	unsulphered	Sesame: raw, unsalted		Cottage Cheese	Cherries, sour	Beef, Chicken
Onions	Pepper			Cream	Pomegranate	Deer
Parsley	Sea Salt	Avocado, Coconut Oil		Egg, whites		Goat, Lamb
Sea Veggies	Spices, most	Flax, Olive Oil	FRUITS	Yogurt, plain	Chicken, breast	Lobster
	Tamari	Primrose Oil			Shellfish	Pheasant
				Dried Fruits	Veal	Pork
	Alfalfa Sprouts	Barley-Malt		Processed Juices		Rabbit
	Arugula	Honey, raw	MEATS	Blueberries, Cranberry	Lard	Turkey
	Bamboo Shoots	Horseradish		Coconut, dry	Palm Kernel Oil	
	Beets	Sugar, raw		Olives, pickled		Hazelnut
	Bell Peppers	Maple Syrup		Plums & Prunes	Ketchup	Peanuts
	Broccoli	Syrup, brown rice	NUTS		Maple Syrup, processed	Walnuts
	Cabbage	Mayonnaise, homemade	AND	Fish	Mayonnaise, commercial	
	Cauliflower		SEEDS	Game Meat & Organs	Molasses, sulphered	Cottonseed Oil
	Carrot	Artichokes			Mustard	Fried Foods
	Celery	Brussel Sprouts		Most Nuts	Soy Sauce, commercial	
	Corn, sweet	Chive		Pumpkin, Sesame &		Salt, refined & iodized
	Fresh Herbs	Cilantro	OILS	Sunflower Seeds, heated	Olives, pickled	Sugar, brown,white,
	Garlic	Collard Greens		or salted	Popcorn, with salt & butter	refined
	Green Beans, fresh	Cucumber			Potatoes, without skins	
	Kale	Eggplant		Almond, Corn Oil		Pickles, refined
	Lettuce	Miso	SWEETENERS,	Grape Seed Oil		
	Mustard Green	Mushrooms	SPICES	Safflower Oil		These are toxic
	Parsnips	Okra	AND	Sesame, Sunflower Oil		chemicals:
	Sweet Peas	Onions	CONDIMENTS			NutraSweet Equal
	Potato with Skins	Pickles, homemade		Curry, Nutmeg, Vanilla		Aspartame
	Pumpkin, raw	Radishes		Fructose, Gelatin		Splenda
	Spinach	Rutabagas		Honey, unprocessed		Sweet 'N Low
	Squash	Soy Beans, Tofu	VEGETABLES	Maple Syrup, unprocessed		Cigarettes
	Sweet Potato	Sprouts		Molasses, organic,		Drugs
	Turnips	Tomatoes		unsulphered		
		Water Chestnut		Chard, Spinach		
		Zucchini		Popcorn with Butter		
Created	l by: Theresa Crabtree, 2009	Feel free to share with o	thers. http://www	w.theresacrabtree.com	<i>Fry to eat 80% alkaline foods on</i>	a daily basis.