

Effects of common foods on the body's Acid/Alkaline Balance:

Acid Foods avoid these	Neutral Foods include these	Alkaline Foods always eat these
Antibiotics	Apples	Baking Soda
Fried foods	Apricots	Blackberries
Artificial Sweeteners	Bananas	Broccoli
Beef	Beans	Cantaloupe
Beer	Blueberries	Cinnamon
Butter	Buckwheat	Daikon Radish
Carob	Cauliflower	Endive
Casein	Carrots	Garlic
Cheese	Cherries	Grapefruit
Chicken	Dates	Honeydew
Cocoa, Chocolate	Eggplant	Kale
Coffee	Eggs	Kohlrabi
Corn	Figs	Lentils
Jam, Jelly	Fish	Limes
Ice cream	Goat Cheese	Mangoes
Lard	Grapes	Mineral water
Lobster	Honey	Molasses
Mussels	Lemons	Mustard Greens
Nuts	Lettuce	Nectarines
Oat bran	Maple Syrup	Onions
Oils - hydrogenated	Milk - cows, goats	Papaya
Peas	Oatmeal	Peppers
Pork	Olive oil	Poppy seeds
Rye	Flaxseed oil	Raspberries
Soybeans, soy milk	Oranges	Sea salt]Sea vegetables
Sugar	Peaches	Soy sauce (Tamari is best)
Veal	Pears	Sweet Potatoes
	Pineapple	Tangerines
	Plums	Watermelon
	Pumpkin	Yams
	Raisins	
	Rice - brown, wild	
	Strawberries	
	Turkey	