

Acid Foods	Acid Foods
Fruits	Oils
Cranberries Pomegranates Strawberries Sour Fruits	Butter Cream Nut Oils - like Peanut
	Nuts
Grains	Cashews
Brown Rice Barley Wheat Oats Rye Breads	Walnuts Peanuts Macadamia Nuts Pecans Filberts
	Seeds
Beans and Peas	Flax
Sesame Navy Beans Kidney Beans Adzuki Beans	Chia Pumpkin Sunflower
	Sugars
Dairy and Meat Products	Cane Syrup
All meats Fowl Fish Eggs Milk Cheese Butter Yogurt	Maple Syrup Malt Syrup White Sugar Brown Sugar Molasses

Alkaline Foods	Alkaline Foods
Fruits	Oils
Apricots Apples Bananas Citrus Fruits Dates Grapes Cherries Peaches Pears Plums Papaya Mangoes Pineapple Raspberries Elderberries Boysenberries Persimmons Melons Figs Raisins Coconut Olives	Sesame Sunflower Corn Olive Oil Cottonseed Soy Safflower
	Nuts
	Almonds Brazil Nuts
	Seeds
	Any sprouted seeds
	Sugars
	Honey
	Vegetables
	All vegetables are alkaline Includes starch like vegies such as potatos parsnips and squash
	Beans and Peas
Grains	Soybeans Lima Beans Sprouted Beans
Dairy and Meat Products	
Non-fat milk	