

# Acidic Foods

- Eat Less -

- |               |                  |                |
|---------------|------------------|----------------|
| Dairy         | Coffee           | Cheese         |
| Sugars        | Black Tea        | Milk           |
| Bread         | Crackers         | Yogurt         |
| White Rice    | Cupcakes         | Brown Rice     |
| Cookies       | Muffins          | Red Rice       |
| Donuts        | Noodles          | Lentils        |
| Chips         | Fruit Juices     | Meat/Fish      |
| Soft Drinks   | Alcohol          | Honey          |
| Chocolate bar | Breakfast Cereal | Processed Food |



# Alkaline Foods

+ Eat More +

- |                 |               |             |
|-----------------|---------------|-------------|
| Mushrooms       | Garlic        | Lemon, Lime |
| Radish          | Kale          | Cucumber    |
| Almonds         | Onion, Garlic | Raw Celery  |
| Turnip          | Ginger        | Raw Spinach |
| Root Vegetables | Citrus Fruits | Asparagus   |
| Olive oil       | Tart apple    | Broccoli    |
| 100% Chocolate  | Papaya        | Cauliflower |
| Green Beans     | Carrots       | Seaweed     |
| Beets           | Cabbage       | Avocado     |



Acid

Neutral

Alkaline

