

pH FOOD VALUES							
FOOD	ALK			ACID			
	High	Med	Low	Low	Med	High	
Adzuki beans				x			
Agar seaweed		x					
Ale-Dark					x		
Ale-Pale						x	
Almond butter			x				
Almond milk (sweetened)			x	x			
Almond milk (unsweetened)			x				
Almonds			x				
Amaranth flour				x			
Amaranth seeds				x			
American cheese						x	
Angel food cake						x	
Apollinaris water	x						
Apple butter		x					
Apple cider		x					
Apple cider vinegar		x					
Apple crisp (with oatmeal and sucanat)			x				
Apple juice (sweetened)			x	x			
Apple juice (unsweetened)			x				
Apple pie (lightly sweetened)					x		
Apples-Baked (sweetened)		x	x				
Apples-baked (unsweetened)		x					
Applesauce (sweetened)		x	x				
Applesauce (unsweetened)		x					
Apricots		x					
Artichokes		x					
Artichokes, Jerusalem		x					
Asparagus	x						
Aspartame					x		
Avocado oil			x				
Avocados		x					
Bacon						x	
Bagels, white flour-cinnamon-raisin						x	

Bagels, white flour-egg							X
Bagels, white flour-olain							X
Bagels, white flour-water							X
Bakes apples (sweetened)			X	X			
Baked apples (unsweetened)			X				
Baked potato, skin on, plain			X				
Baking chocolate							X
Baking powder		X					
Baking soda		X					
Balsamic vinegar					X		
Bananas			X				
Barley, whole grain						X	
Barley flour						X	
Basil			X				
Bass						X	
Bay leaf				X			
Bean Sprouts			X				
Beans, baked (canned) - with pork						X	
Beans, baked (canned) vegetarian					X		
Beets			X				
Bell peppers - green			X				
Bell peppers- red			X				
Bell peppers- yellow			X				
Benzoate (preservative)						X	
Berry juice blend				X			
Biscuits							X
Bison (buffalo)						X	
Black bean soup					X		
Black beans					X		
Black pepper							
Black Tea (most types)							
Blackberries							
Blueberries							
Bologna - beef							X
Bologna - bratwurst, link						X	
Bologna - turkey						X	
Borscht			X				
Boysenberries			X				
Bran, oat						X	
Bran cereal						X	
Bran flakes and raisins (sweetened)					X	X	

Bran flakes and raisins (unsweetened)					x		
Breadsticks, white flour							x
Breakfast sandwich with eggs, cheese, and sausage or ham							x
Broccoli			x				
Brown rice					x		
Brown rice cakes- multigrain					x		
Brown rice cakes- plain					x		
Brown rice flour					x		
Brown sugar							x
Brownies							x
Brussels sprouts				x			
Buckwheat flour					x		
Buckwheat groats (kasha)					x		
Buffalo (bison)						x	
Bulgur wheat (hard red winter)						x	
Burdock root		x					
Burritos- with beef							x
Burritos- with chicken							x
Butter					x		
Butter, clarified (ghee)				x			
Butter beans (lima beans)					x		
Cabbage- Chinese			x				
Cabbage- red			x				
Cabbage- white			x				
Caesar salad dressing							x
Camembert cheese							x
Canola oil					x		
Cantaloupe (muskmelon)		x					
Carbonated soft drinks, most types							x
Cardamom seeds			x				
Carrot juice					x		
Carrots (commercial)					x		
Carrots (organic)				x			
Cashew butter			x				
Cashews			x				
Catfish						x	
Catsup (ketchup)						x	
Cauliflower			x				
Cayenne pepper				x			
Celery		x					
Celery seeds				x			

Chamomile tea				x			
Chard, Swiss					x		
Cheddar cheese (aged)							x
Cheesecake							x
Cherimoya					x		
Cherries			x				
Chestnuts		x					
Chicken - liver						x	
Chicken - meat						x	
Chicken noodle soup							x
Chicken nuggets, fried							x
Chicken sandwich, broiled							x
Chicken sandwich, fried							x
Chickpeas (garbanzo beans)					x		
Chili with beef							x
Chinese parsley (cilantro, coriander leaf)			x				
Chocolate- baking							x
Chocolate- dark							x
Chocolate- Milk							x
Chocolate milk, whole cow's milk						x	
Cider, apple			x				
Cinnamon			x				
Clams					x		
Clarified butter (ghee)				x			
Cocoa powder							x
Coconut oil				x			
Coconuts				x			
Cod liver oil				x			
Coffee cake							x
Cola drink							x
Cole slaw					x		
Collard greens		x					
Coriander seeds				x			
Corn						x	
Corn chips, fried							x
Corn flakes						x	
Corn flakes, sugared (frosted)						x	x
Corn grits						x	
Corn syrup							x
Corn tortillas						x	
Cornmeal						x	
Cottage cheese						x	
Cottonseed meal							x
Cottonseed oil							x

Couscous, white flour						X
Crabs					X	
Cranberries					X	
Cranberry sauce (sweetened)						X
Cream				X		
Cream, sour				X		
Cream cheese					X	
Croissants						X
Croutons (white flour)						X
Cucumbers			X			
Cumin seeds		X				
Cupcakes, all flavors						X
Curd cheese				X		
Currants		X				
Curry powder				X		
Daikon radish	X					
Dandelion greens		X				
Dates				X		
Dill pickles, with apple cider vinegar		X				
Dill seeds			X			
Dill weed		X				
Donuts, all flavors						X
Duck					X	
Dulse seaweed	X					
Egg noodles, white flour						X
Eggplant		X				
Eggs-whites only				X		
Eggs-whole					X	
Endive	X					
Evian water			X			
Farina cereal						X
Fava beans				X		
Fennel seeds		X				
Figs				X		
Fiji water			X			
Filberts (hazelnuts)						X
Filet fish sandwich, fried						X
Flaxseed			X			
Flaxseed oil			X			
Flounder					X	
French dressing				X		
French fried onion rings						X
French fried potatoes						X
Fried foods in general						X

Fruit preserves, jams, and jellies, all flavors (sweetened with sugar or corn syrup)							x
Garbanzo beans					x		
Garlic			x				
Gelatin					x		
Ghee (clarified butter)				x			
Gin							x
Ginger root			x				
Ginger tea			x				
Goat						x	
Goat's milk					x		
Gouda cheese							x
Granola (sweetened)					x		
Granola (unsweetened)				x			
Granulated sugar (white)							x
Grapes			x				
Grape Juice				x			
Grapefruit			x				
Grapefruit juice			x				
Great Northern beans					x		
Green bell peppers			x				
Green onions			x				
Green tea, most types				x			
Grits-corn						x	
Grits- soy							x
Grouper						x	
Guave					x		
Haddock						x	
Halibut						x	
Ham- pork						x	
Ham- turkey						x	
Hamburgers-beef							x
Hamburgers-beef on a bun							x
Hamburgers - beef on a bun with cheese							x
Hamburgers- turkey						x	
Hamburgers- vegetarian, few beans					x		
Hamburgers- vegetarian, mostly beans						x	
Hamburgers- vegetarian mostly whole grains					x		
Hamburgers- vegetarian, mostly soy (tofu)							x
Hard cheeses, most types							x

Hash brown potatoes				x			
Hazelnut butter							x
Hazelnuts (filberts)							x
Herbal teas, most types				x			
Herring, pickled						x	
Hijiki seaweed		x					
Home fries (potatoes), homemade				x			
Honey					x		
Honeydew melon		x					
Hops							x
Horseradish		x					
Hot dogs- beef							x
Hot dogs- beef on a bun							x
Hot dogs- pork						x	
Hot dogs- pork, on a bun							x
Hot dogs- turkey						x	
Hot dogs- vegetarian (soy and bean)							x
Hubbard Squash			x				
Hummus					x		
Ice cream, all flavors							x
Iodized table salt							x
Irish moss seaweed				x			
Italian dressing, with olive oil and apple cider vinegar				x			
Jams, jellies and preserves, all flavors (sweetened with sugar or corn syrup)							x
Japonica rice				x			
Jerusalem artichoke			x				
Jicama			x				
Kale		x					
Kasha (buckwheat groats)					x		
Kefir (fermented cow's milk)					x		
Kelp		x					
Ketchup (catsup)						x	
Kidney beans					x		
Kielbasa sausage						x	
Kiwi fruit		x					
Knockwurst sausage, link						x	
Kohlrabi		x					
Kombu Seaweed		x					
Kraut (sauerkraut)			x				
Lamb						x	

Lard					x	
Lasagna						x
lemon juice	x					
Lemons		x				
Lentils		x				
Lettuce- iceberg		x				
Lettuce- red leaf		x				
Lettuce- romaine		x				
Lima Beans (butter beans)				x		
Lime juice	x					
Limes	x					
Linguine, white flour						x
Liver- beef					x	
Liver- chicken					x	
Liverwurst					x	
Lotus root	x					
Lobster						x
Macadamia nuts			x			
Macadamia oil			x			
Macaroni, white flour						x
Macaroni and cheese						x
Mace			x			
Mackerel					x	
Malt						x
Malt liquor- dark					x	
Malt liquor- pale						x
Mandarin oranges	x					
Mangos	x					
Maple syrup				x		
Marjoram		x				
Matzoh- white flour						x
Matzoh- whole wheat flour					x	
Mayonnaise				x		
Melons- cataloupe	x					
Melons- honeydew	x					
Melons- watermelon	x					
Milk- cow's milk, skim (nonfat)				x		
Milk- cow's milk, 1% fat				x		
Milk- cow's milk, 2% fat				x		
Milk- cow's milk, whole				x		
Milk- cow's milk, chocolated- flavored, whole					x	
Milk- goat's milk				x		
Milk- kefir (fermentaed cow's milk)				x		



Milk shakes- chocolate							X
Milk shakes- vanilla							X
Millet					X		
Millet flour					X		
Miso		X					
Molasses			X				
Monosodium glutamate (MSG)					X		
Mozzarella cheese							X
MSG (monosodium glutamate)					X		
Mung beans					X		
Mushrooms				X			
Muskmelon (cantaloupe)		X					
Mussels							X
Mustard, prepared						X	
Mustard greens		X					
Navy beans					X		
Noodles, egg							X
Nori seaweed		X					
Nut milk. almond (sweened)				X	X		
Nut milk, almond (unsweetened)				X			
Oat Bran						X	
Oat flour				X			
Oats and oatmeal (sweetened)					X		
oats and oatmeal (unsweetened)				X			
Okra			X				
Olive oil				X			
Olives- green			X				
Olives- ripe						X	
Onions		X					
Onions, green (scallions)			X				
Orange juice				X			
Orange roughy						X	
Oranges			X				
Oranges, mandarin		X					
Oregano			X				
Oysters						X	
Pancakes, white flour							X
Papayas		X					
Paprika		X					
Parsley		X					
Parsnips		X					

Pasta sauce (tomato based) with meat						X	
Pasta sauce (tomato based) without meat					X		
Pastrami						X	
Pastry- danish, cheese							X
Pastry- puff pastry							X
Peas- fresh green					X		
Peas- split peas, green and yellow					X		
Peas, snow				X			
Peaches			X				
Peanut butter						X	
Peanut oil						X	
Peanuts						X	
Pear juice				X			
Pears			X				
Pecans						X	
Pellegrino water		X					
Pepperoni						X	
Peppers, hot			X				
Perch						X	
Perch- white						X	
Perisimmon		X					
Phosphoric acid (commercial flavoring)							X
Pike						X	
Pine nuts					X		
Pineapple juice			X				
Pineapples		X					
Pinto Beans					X		
Pistachio butter						X	
Pistachio nuts						X	
Pita bread, white							X
Pita bread, whole wheat						X	
Pizza- cheese							X
Pizza- marinara (no cheese)							X
Pizza- pepperoni							X
Plums					X		
Pollack						X	
Pomegranates						X	
Popcorn						X	
Popcorn cakes						X	
Pork and beans, baked							X
Potato chips- baked				X			
Potato chips- fried							X

Pretzels- white flour							X
Primrose oil				X			
Prunes					X		
Puddings, most brands and flavors							X
Pumpernickel bread						X	
Pumpkin seeds		X					
Quiche, all types							X
Quinoa				X			
Rabbit						X	
Radishes		X					
Radishes, daikon		X					
Raisins			X				
Raspberries		X					
Red bell peppers			X				
Red wine						X	
Red win vinegar							X
Rhubarb					X		X
Rice cakes- brown rice, multigrain					X		
Rice cakes- brown rice, plain					X		
Rice cakes- white rice						X	
Rice cereal- puffed brown					X		
Rice cereal- puffed white						X	
Rice flour- brown					X		
rice flour- white							X
Rice milk						X	
Rice syrup				X			
Rice vinegar					X		
Roast beef sandwich							X
Root beer							X
Russian dressing					X		
Rutabagas		X					
Rye						X	
Rye bread (100%)						X	
Rye crackers (100%)						X	
Rye flour						X	
Saccharin						X	
Safflower oil					X		
Salad greens, mixed			X				
Salami, pork or beef							X
Salmon						X	
Saltine crackers							X
Sanfaustino water		X					
Sauerkraut			X				
Scallions			X				

Scallops						x	
Scotch							x
Scrod						x	
Sea bass						x	
Sea salt		x					
Sesame butter				x			
Sesame oil					x		
Sesame seeds				x			
Shrimp							x
Snapper						x	
Snow peas				x			
Sour cream					x		
Soy flour							x
Soy grits							x
Soy milk, most brands							x
Soy nuts							x
Soy protein- concentrate							x
Soy protein- isolate							x
Soy sauce (tamari)			x				
Soybean curd (tofu), all types							x
Soybean oil						x	
Soybean paste		x					
Soybeans							x
Spaghetti- rye flour						x	
Spaghetti- white flour							x
Spaghetti- whole wheat flour						x	
Spinach						x	
Spirulina seaweed					x		
Spilt pea soup						x	
Split peas, green and yello						x	
Spring onions (scallions)			x				
Sprouts, most types				x			
Sprouts- bean			x				
Steak, beef							x
Stevia					x		
Strawberries		x					
String, green, snap, wax, and yellow beans , with formed beans						x	
String, green, snap, wax, and yellow beans , without formed beans			x				
Sucanat sweetener, organic				x			
Summer Squash			x				

Sunflower oil				x		
Sunflower seeds				x		
Sweet pickles, with white vinegar and sugar					x	
Sweet potatoes		x				
Swiss chard				x		
Swiss cheese (aged)						x
Swordfish						x
Tacos-with beef						x
Tacos-with chicken						x
Tahini sauce (sesame butter)				x		
Tamari soy sauce			x			
Tangelos			x			
Tangerines		x				
Tap Water- chlorinated, in general					x	
Tap water-nonchlorinated, in general					x	
Taro root		x				
Tarragon			x			
Teff					x	
Tempeh						x
Thosand Island Dressing					x	
Thyme			x			
Tofu, all types						x
Tofu frozen desserts, all types						x
Tomato juice or juice blend					x	
Tomato paste (canned)					x	
Tomato sauce- with meat						x
Tomato sauce- without meat					x	
Tomato soup					x	
Tomatoes					x	
Tortilla chips, fried						x
Tortillas- corn						x
Tortillas- white flour						x
Triticale, whole grain					x	
Triticale flour					x	
Tuna, fresh or canned						x
Turbot						x
Turkey-Bologna						x
Turkey-ham						x
Turkey- meat						x
Turnip greens			x			
Turnips			x			

Umeboshi vinegar		x					
Vanilla extract					x		
Veal							x
Venison						x	
Vodka							x
Volvic wter				x			
Waffles, white flour							x
Wakame seaweek		x					
Walnuts							x
Watercress			x				
Watermelon		x					
Wheat, unrefined					x		
Wheat (bran) flakes and raisins (sweetened)					x	x	
Wheat (bran) flakes and raisins (unsweetened)					x		
Wheat flour- white							x
Wheat flour- whole wheat						x	
Whey-cow				x			
Whey-goat				x			
White beans					x		
White bread							x
White perch						x	
White rice						x	
White rice cakes						x	
White rice flour							x
White sugar (granulated)							x
White vinegar							x
White wine						x	
Whitefish						x	
Whiting						x	
Whole wheat bread						x	
Whole wheat crackers						x	
Wieners						x	
Wild rice				x			
Winter squash		x					
Yams		x					
Yeast							x
Yellow bell peppers			x				
Yellow cake, chocolate frosting							x
yellowtail						x	
Yogart-cow's milk (sweetened)					x	x	
Yogart- cow's milk (unsweetened)					x		

Yogart- goat's milk (sweetened)					x	x	
Yogart-goat's milk (unsweetened)					x		
Yogart- Sheep's milk (sweetened)					x	x	
Yogart- sheep's milk (unsweetened)					x		
Yogart- soy (sweetened)							x
Yogart- soy (unsweetened)							x
Yogart, frozen, most brands							x
Zucchini			x				