

**THESE ARE ACID**  
(higher # = more acid)

Apples	(0.01)
Apricots	(0.01)
Beets	(0.01)
Berries (any variety)	(0.01)
Bread (any variety not elsewhere)	(0.01)
Catsup (1 Tbsp. regular)	(0.01)
Cereal (cold breakfast types, sugar-free, except granola types)	(0.01)
Cherries	(0.01)
Collard greens	(0.01)
Horseradish (1 Tbsp. regular)	(0.01)
Juice, non-citrus (any, 6 ozs.)	(0.01)
Kale	(0.01)
Lettuce (any variety)	(0.01)
Melons (any variety)	(0.01)
Mustard (1 Tbsp. regular)	(0.01)
Nectarines	(0.01)
Okra	(0.01)
Peaches	(0.01)
Pears	(0.01)
Plums	(0.01)
Rice, white	(0.01)
Soft drinks (decaf, sugared, 8 ozs.)	(0.01)
Turnips	(0.01)
Wheat	(0.01)
Winter squash (baked)	(0.01)
Yams (baked)	(0.01)
Cabbage (any variety)	(0.02)
Catsup (1 Tbsp. low/no salt)	(0.02)
Cereal (hot, creamed)	(0.02)
Cucumbers	(0.02)
Eggplant (baked)	(0.02)
Grapes (any variety)	(0.02)
Horseradish (1 Tbsp. low/no salt)	(0.02)
Mustard (1 Tbsp. low/no salt)	(0.02)
Pepper, ground (1 round Tbsp.)	(0.02)
Pineapple	(0.02)
Potatoes (boiled/baked)	(0.02)
Soft drinks (regular, 8 ozs.)	(0.02)
Soft drinks (sugar-free, but not decaf, 8 ozs.)	(0.02)
Summer squash/zucchini	(0.02)
Tea (regular, 6 ozs.)	(0.02)
Tomato sauce (6 ozs.)	(0.02)
Tomatoes (any variety)	(0.02)
Vinegar (1 oz.)	(0.02)

# BLOOD RESPONSE

## Acid/Alkaline Food Chart

Alcohol (<12% volume, 4 ozs.)	(0.03)
Broccoli	(0.03)
Brussel sprouts	(0.03)
Grapefruit	(0.03)
Honey	(0.03)
Hot peppers (any variety)	(0.03)
Juice, citrus (6 ozs.)	(0.03)
Maple syrup	(0.03)
Mustard greens	(0.03)
Sherbet, fruit (low-fat)	(0.03)
Sugar	(0.03)
Sweet peppers (any var.)	(0.03)
Tangeloes	(0.03)
Tangerines	(0.03)
Coffee (regular 1 rounded tsp. dry)	(0.04)
Leeks	(0.04)
Lemons	(0.04)
Limes	(0.04)
Onions (any variety)	(0.04)
Oranges	(0.04)

**THESE ARE NEUTRAL**

Buttermilk	0.00
Coffee (decaf)	0.00
Cottage cheese (1%)	0.00
Herbal tea (any variety)	0.00
Milk (skim)	0.00
Rice cakes (any variety)	0.00
Tea (decaf)	0.00
Water	0.00
Yogurt (1% or skim)	0.00

**THESE ARE ALKALINE**  
(higher # = more alkaline)

Bananas	0.01
Barley	0.01
Buckwheat	0.01
Carrots	0.01
Celery	0.01
Chicken broth (lean, clarified)	0.01
Cod	0.01

Corn oil	0.01
Cottage cheese (2%)	0.01
Eggs	0.01
Essene bread (any variety)	0.01
Ezekial bread (any variety)	0.01
Flounder	0.01
Milk (2% fat)	0.01
Millet	0.01
Olives	0.01
Rice, brown	0.01
Rye	0.01
Safflower oil	0.01
Scrod	0.01
Sole	0.01
Turbot	0.01
Yogurt (2%)	0.01
Avocados	0.02
Catfish	0.02
Corn	0.02
Cottage cheese (whole)	0.02
Crab	0.02
Crayfish	0.02
Eggplant (deep-fat fried)	0.02
Haddock	0.02
Ham (lean)	0.02
Lobster	0.02
Milk (whole)	0.02
Mozarella cheese (part skim)	0.02
Perch	0.02
Potatoes (deep-fat fried)	0.02
Poultry breast (without skin)	0.02
Poultry wings/thighs/legs (w/skins)	0.02
Ricotta cheese (low-fat)	0.02
Shrimp	0.02
Spinach	0.02
Trout	0.02
Tuna (albacore, fancy white)	0.02
Yogurt (whole)	0.02
Abalone	0.03
Artichokes	0.03
Asparagus	0.03

Bacon (crisp)	0.03
Beans (any variety)	0.03
Bechamel sauce (4 ozs.)	0.03
Beef broth (homemade rich stock)	0.03
Cauliflower	0.03
Cheesecake	0.03
Chicken broth (homemade rich stock)	0.03
Clams	0.03
Cream-type soups (4 ozs.)	0.03
Frankfurters (any variety)	0.03
Half-n-half	0.03
Herrings	0.03
Ice cream	0.03
Lamb (lean)	0.03
Olive oil	0.03
Oysters	0.03
Peas (any variety)	0.03
Pollock	0.03
Red meat (lean, including veal)	0.03
Salmon (pink)	0.03
Sardines	0.03
Scallops	0.03
Tofu	0.03
Tongue	0.03
Tuna (dark meat)	0.03
Anchovies	0.04
Brussels	0.04
Butter	0.04
Heart (any variety)	0.04
Heavy cream	0.04
Kidneys (any variety)	0.04
Lentils	0.04
Liver (any variety)	0.04
Salmon (red)	0.04
Salmon roe (caviar)	0.04
Salt (1 well-rounded Tbsp.)	0.04
Spare ribs	0.04
Sweet breads	0.04
Brains	0.05
Lard	0.05
<b>THESE VARY</b>	
Alcohol (>12% volume, 4 ozs.)	0.00-(0.06)
Cheese (all not listed elsewhere)	0.03-0.04
Granola	0.01-0.02
Herbs (any variety, 1 tsp.)	(0.01)-(0.02)
Trail mix	0.01-0.02