

Foods	Alkaline - Forming			Acid - Forming		
	High	Medium	Low	Low	Medium	High
Beer						
Wine (red or white)						
Mixed Nuts & Seeds						
Unsweetened Apple Juice						
Apples						
Asparagus, Kale & Kelp						
Preserves & Jams						
Bananas						
Most Beans (expect for lentils which are alkaline)						
Seafood - Most						
Beef, Bacon & Ham						
Chicken & Lamb						
Soft Drinks						
Berries						
Water						
Bran Flakes						
White Bread						
All biscuits and cakes and Deserts						
Most Cheeses						
Vegetables						
Citrus Fruits						
Pasta						
Flour - White (Except Wholemeal flour which is Med)						
Yoghurt						
Milk						
Rice						
Strawberries						
Sugar						
Tortilla Chips & Tacos						
Coffee (expresso is high)						