

ACID-BASE NUTRITION LIST				ACID-BASE NUTRITION LIST				
ALKALINE	Vegetables / Grasses	Iceberg lettuce	Arugula	White cabbage	Berry, red/black	Lime	Hemp seeds	Himalayan salt
	Potato	Kamutgrass	Savoy cabbage	Carrots	Blueberry	Mandarin	Linseed	Peppermint
	Potato, sweet	Kelp	Celery	Seaweed	Cantaloupe	Mango	Caraway seeds	Oregano
	Alfalfa	Sprouts	Shallots	Legumes	Lemon	Papaya	Cumin seeds	Thyme
	Endive, fresh	Garlic	Lettuce	Soybeans, fresh	Cranberry	Plums	Quinoa seeds	Sea salt
	Artichokes	Turnip	Green beans	Soy lecithin, pure	Date	Watermelon	Sesame seeds	Beverages
	Aubergine	Kohlrabi	Spinach	Soy flour	Grape	Dried fruit	Spelt seeds	Tap water
	Chives	Cucumber	Spirulina	Soy sprouts	Raspberry	Apple	Fennel seeds	Herbal tea
	Cauliflower	Head lettuce	Sprouts	Tofu	Pomegranate	Cranberry	Unprocessed grains	Non-carbonated
	Kale	Horseradish	Wheatgrass	Fruits	Grapefruit	Dates	Buckwheat	mineral water
	Broccoli	Peppers	Taugé	Currants	Guava	Plums	Spices & seasonings	
	Zucchini	Pumpkin	Tomato	Strawberry	Honeydew melon	Raisins	Basil	
	French string beans	Leeks	Onion	Apricot	Kaki	Figs	Cayenne pepper	
	Barley grass	Turnips	Lamb's lettuce	Pineapple	Cherry	Seeds	Lemongrass	
	Grass root	Radish r/w/b	Fennel	Apple	Kiwi	Chia seeds	Lemon balm	
	Green cabbage	Red beet	Watercress	Avocado	Coconut, fresh	Fenugreek seeds	Curcuma	
Field horsetail	Red cabbage	Witloof	Berry, blue	Gooseberry	Hazelnut	Ginger, fresh		

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SLIGHTLY ACIDIFYING	Vegetables / Grasses	Chickpeas	Unprocessed grains & rice	without yeast	Dairy, fats & eggs	Milk	Beverages	Soy milk, unsweetened
	Rhubarb	Lima beans		Whole wheat bread, wheat	Butter	Cream	Almond milk, unsweetened	Wine, red
	Legumes	Lentils		without yeast	Cottage cheese	Yogurt		
	Brown beans	White beans		Unpolished rice	Protein	Oils and fats	Sparkling mineral water	
	Peas	Seeds	Bread & grain products	Sourdough bread, wheat	Ghee butter	Walnut oil	Rice milk, unsweetened	
	Hummus	Pine nuts			Buttermilk			
	Kidney beans				Quark			

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ACIDIFYING	Meat, poultry & fish	Mackerel	Macadamia	Rice, white	White bread	Sunflower oil	Molasses	Beverages
	Perch	Oysters	Pecans	Rye	Dairy, fats & eggs	Sauces & flavorings	Sugar	Beer
	Flounder	Organ meats	Peanuts	Spelt	Chocolate milk	Curry	Various	Cola (also light, zero)
	Dorade	Pangafilet	Pistachios	Wheat	Egg yolk	Ketchup	Processed food	Energy drinks
	Trout	Poon	Pumpkin seeds	Bread & grain products	Halvarine	Mayonnaise	Chips	Soft drinks
	Herring	Crayfish	Walnuts	Brown bread with yeast	Hard cheese	Mustard	Chocolate	Coffee
	Cod	Beef	Sunflower seeds	Semolina	Cheese (processed)	Sweeteners	Ready-to-eat products	Liquor
	Veal	Dover sole	Unprocessed grains & rice	Pasta	Pudding / desserts	Beet sugar	Cookies	Distilled spirits
	Carp	Tilapia	Amaranth	Rye bread	Grated cheese	Brown rice syrup	Pizza	Tea, black
	Chicken	Pork	Bulgur	Spelt bread	Yogurt, sweetened	Fructose	Candy	Fruit juice, sweetened
	Coalfish	Processed meats	Barley	Wheat bread	Yogurt drink	Dried sugar cane		Wine, rosé
	Lobster	Nuts	Millet	Whole wheat bread with yeast	Oils & fats	Barley malt syrup		Wine, white
	Lamb	Almonds	Oats		Hardened fats	Honey		
	Liver	Cashews	Corn		Corn oil	Artificial sweeteners		
					Liquid butters	Lactose		

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	Chicken	Pork	Bulgur	Spelt bread	Yogurt, sweetened	Fructose	Candy	Fruit juice, sweetened
	Coalfish	Processed meats	Barley	Wheat bread	Yogurt drink	Dried sugar cane		Wine, rosé
	Lobster	Nuts	Millet	Whole wheat bread with yeast	Oils & fats	Barley malt syrup		Wine, white
	Lamb	Almonds	Oats		Hardened fats	Honey		
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	Chicken	Pork	Bulgur	Spelt bread	Yogurt, sweetened	Fructose	Candy	Fruit juice, sweetened
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	Lobster	Nuts	Millet	Whole wheat bread with yeast	Oils & fats	Barley malt syrup		Wine, white
	Lamb	Almonds	Oats		Hardened fats	Honey		
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