



MORE ACID (Consume Less)



Food Category	+	++	+++	++++	Food Category
Citrus Fruit Fruit					Citrus Fruit Fruit
Bean Vegetable Legume Pulse Root	Soybean Carob	Pea Green Snow	Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Raisin, Grapes Cherimoya Date Dry Fruit
Grain Cereal Grass	Barley Processed Flour	Corn Rye Oat Bran	Wheat White Rice Buckwheat	Triticale Brown Rice Millet Kasha	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens
Fowl	Pheasant	Chicken	Goose/Turkey	Wild Duck	
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Pork/veal Mussel/Squid	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish	
Egg	Processed Cheese Ice Cream	Casein Cottage Cheese Milk, Soy	Milk; Goat, Cow, Sheep	Egg, Chicken	Egg, Duck
Processed Dairy Cow/Human Soy Goat/Sheep	Cottonseed Oil/Meal Fried Food Hazelnut Walnut Brazil Nut	Chestnut Palm Kernel Lard Pistachio Seed Pecan	Oil Almond Sesame Safflower Tapioca Seltan or Tofu	Oil Canola Pumpkin Seed Grape Seed sunflower Pine Nut	Oil Cod Liver Primrose Sesame Seed Almond Sprout
Oil Seed/Sprout Nut	Beer "Soda" Table Salt Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	Coffee Aspartame Saccharin Red Wine Vinegar	Alcohol Black Tea Benzoate Balsamic Vinegar	Kona Coffee MSG Honey/Maple Syrup Rice Vinegar	Green or Mu Tea Rice syrup Apple Cider Vinegar
Beverage Preservative Sweetener Vinegar	Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry	Herbs Aloe Vera Nettle
Spice/Herb	Antibiotics	Psychotropics	Antihistamines		Sake
Therapeutic					



MORE ALKALINE (Consume More)



Food Category	+	++	+++	++++	Food Category
Citrus Fruit Fruit					Citrus Fruit Fruit
Bean Vegetable Legume Pulse Root					Bean Vegetable Legume Pulse Root
Grain Cereal Grass					Grain Cereal Grass
Fowl					Fowl
Meat Game Fish/Shell Fish					Meat Game Fish/Shell Fish
Egg					Egg
Processed Dairy Cow/Human Soy Goat/Sheep					Processed Dairy Cow/Human Soy Goat/Sheep
Oil Seed/Sprout Nut					Oil Seed/Sprout Nut
Beverage Preservative Sweetener Vinegar					Beverage Preservative Sweetener Vinegar
Spice/Herb					Spice/Herb
Therapeutic					Therapeutic

Italicised items are NOT recommended

