

# ACID-ALKALINE FOOD CHART

ALKALINE FOODS HIGHLIGHT

ACID FOODS LISTED IN RED

Note: For a typical day (3 meals & snacks) 80% from Green category and 20% from Red category. Serving size approximately 1/2 cup or fist/palm size.

CLASS ONE Protein (Cell Builder)	CLASS TWO Mineral Salts (Digestive Juices)		CLASS THREE Carbohydrates - Starches & Sugar (Muscle Energy)	CLASS FOUR Hydrocarbons - Fat & Oils (Nerve Energy)
<p><b>MEAT</b> (Serving Size 4 oz)</p> <p>Beef (Lean) Chicken (Breast/No Skin) Duck (No Skin) Turkey (Breast/No Skin) Venison</p> <p><b>FISH</b> (Serving Size 4 oz)</p> <p>Flounder Haddock Halibut Mackerel Pike Salmon Shrimp Trout Tuna</p> <p><b>EGGS</b></p> <p>Whole/Whites/Yolks</p> <p><b>DAIRY</b></p> <p>Cottage Cheese Cream Cheese Goat's Cheese Goat's Whey Yellow Cheese</p> <p><b>NUTS</b></p> <p>Almonds Almond Butter Soybeans Peanut Butter Peanuts</p>	<p><b>FRESH VEGETABLES</b></p> <p>Artichokes Artichokes (Jerusalem) Asparagus Beet Greens Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Corn (Fresh or Frozen) Cucumber Dandelion Greens Eggplant Endive Green Beans Kale Kohlrabi Leeks Lettuce Mushrooms Okra Onions Onions (Green) Parsley Parsnips Peas (Fresh or Frozen) Peppers Pumpkin Radishes Rhubarb Rutabaga Sauerkraut Spinach Squash Squash (Summer) Swiss Chard Tomatoes Turnips Watercress</p>	<p><b>FRESH FRUITS</b></p> <p>Apples Apricots Bananas Blackberries Blueberries Cantaloupe Cherries Cranberries Currants Figs (Fresh) Gooseberries Grapefruit Grapes Honeydew Melon Huckleberries Lemons Limes Muskmelon Oranges Papayas Peaches Pears Persimmons Pineapples Raspberries Strawberries Tangerines Watermelon Youngberries</p> <p>Note: Fresh fruits cooked become a starch and change to Class Three.</p>	<p><b>NATURAL SWEETS</b></p> <p>Honey Maple Sugar Molasses Sorghum Sugar (Raw)</p> <p><b>DRIED FRUITS</b></p> <p>Apples Apricots Currants Dates Figs Peaches Pears Raisins Prunes</p> <p><b>FRESH NATURAL STARCHES</b></p> <p>Squash (Hubbard) Chestnuts Coconut Potatoes Sweet Potatoes Water Chestnuts Yams</p> <p><b>DRY STARCHES</b></p> <p>Barley Buckwheat Dry Corn Meal Oats Pasta Popcorn Rice Rye Wheat</p>	<p><b>NATURAL FATS</b></p> <p>Avocados Flax Seeds Olives Sesame Seeds Butter Cream Olive Oil Peanut Oil Vegetable Oil</p> <p><b>NUTS</b></p> <p>Brazil Nuts Cashews Filberts Pecans Pine Nuts Walnuts</p> <p><b>MISCELLANEOUS CLASS</b></p> <p><b>LEGUMES &amp; LENTILS</b></p> <p>Black Eyed Peas Garbanzo Beans Kidney Beans Lentils Lima Beans Navy Beans Pinto Beans Split Peas</p> <p>Note: Legumes and lentils are high in protein and carbohydrates. Dark beans are higher in protein and the white bean is higher in starch. Do not cook or serve meat with beans or lentils. Potatoes, rice and other heavy starch foods should not be served with them.</p>