

Very acidic	Very alkaline
<ul style="list-style-type: none"> - Sugar - Food that contain sugar - (chocolate, sweetened cereals, cornflakes, frozen desserts) - Artificial sweeteners - Meat (beef, pork, veal) - Bacon - Matured cheeses - Pasteurized milk - Sweetened dairy production - Sweetened drinks - Cocoa - Alcohol - Medicine - Canned food - Chips - French fries, pasta - Yeast - Yolk 	<ul style="list-style-type: none"> - Fruits (citrus fruits - lemon, lime, orange, tangerine, grapefruit, pomelo, and other fruit - mango, papaya) - Vegetables (celery, parsley, turnip, broccoli, edible "weeds" such as dandelions, plantain, wild garlic. Garlic, onion, raw spinach, fennel) - Nori seaweed - Ginger - Dried figs and dried dates - Pumpkin seeds - Olive oil - Apple vinegar
Moderately acidic	Moderately alkaline
<ul style="list-style-type: none"> - Brown sugar - Barley - Rye flour - White rice - Peanuts, cashews, Brazil nuts - Pork lard - Soybean oil - Meat (lamb, rabbit, chicken and turkey) - Soft cheese - Whole egg - Coffee - Wine - Rice milk - Popcorn 	<ul style="list-style-type: none"> - Maple syrup - Fruit (apples, pears, bananas, blackberries, raspberries, strawberries) - Watermelon - Vegetable (radish, zucchini, leafy vegetable, sweet potato, pumpkin, watercress) - Lentil - Almonds - Flax seed - Linseed oil - Green tea - All spices
Slightly acidic	Slightly alkaline
<ul style="list-style-type: none"> - Sweetened honey (from shops) - Some fruits (cranberries, plums, pomegranate, raisins, almost all beans (except munga)) - Soy milk - Brown rice - Butter - Margarine - Sunflower oil - Buttermilk - Cottage cheese - Goat milk - Whey - Yoghurt - Mayonnaise, ketchup - Fermented vinegar - Black tea - Tap water 	<ul style="list-style-type: none"> - Molasses, honey, stevia - Fruit (apricot, peaches, nectarine, cherries, blueberry, pineapple, avocado) - Vegetable (carrot, cucumber, peas, tomatoes, cabbage, brussels sprout) - Mushroom - Mung beans - Amaranth - Buckwheat, bulgur, couscous, - Millet - Oat - Quinoa - Indian rice, whole grain rice - Sesame and sunflower seeds - Oils - avocado, coconut, rapeseed - Sea salt