

ACID FORMING FOODS

ACIDIFYING VEGETABLES

Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth
Barley
Bran, oat
Bran, wheat
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Hemp Seed Flour
Kamut
Macaroni
Noodles
Oatmeal
Oats (rolled)
Quinoa
Rice (all)
Rice Cakes

Rye
Spaghetti
Spelt
Wheat Germ
Wheat

ACIDIFYING BEANS & LEGUMES

Almond Milk
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Rice Milk
Soy Beans
Soy Milk
White Beans

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanut Butter
Peanuts
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shellfish
Shrimp
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Avacado Oil
Butter
Canola Oil
Corn Oil
Flax Oil
Hemp Seed Oil
Lard

Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Corn Syrup
Sugar

ACIDIFYING ALCOHOL

Beer
Hard Liquor
Spirits
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee
Mustard
Pepper
Soft Drinks
Vinegar

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING JUNK FOOD

Beer: pH 2.5

Coca-Cola: pH 2

Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.