

## ACID AND ALKALINE FOODS

A diet containing 70-80% alkaline-forming foods is ideal for healthy living.  
Table shows amount of fiber and chemical toxicity.

**Where toxicity reads high, best to buy organic.**

ACID Fruits	Fiber/g/cup	Toxicity	ALKALINE Fruits	Fiber/g/cup	Toxicity
Sour Fruits			Lemons	2	<b>High</b>
Cranberries			Limes	1	<b>High</b>
Rhubarb			Oranges	3	Low
Pomegranates			Grapefruits	3.8	Medium
strawberries	2.7	<b>High</b>	Tomatoes	2.7	
Grains			Apples	3.6	V. High
<b>Grains</b>			Apricots	3	Low
Brown Rice	4	V. Low	Berries	4.0	Medium
Barley	6		Cherries	3	<b>High</b>
Wheat			Fresh figs		V. Low
Oats		V. Low	Grapes	1	Medium
Rye			Kiwis	3	Medium
Breads		Low	Mangos	4	V. Low
<b>Seeds</b>			Nectarines	1.8	Medium
Chia			Papayas	5	Low
Flax			Peaches	2	Low
Pumpkin	1		Pears	5.0	Medium
Sesame	3		Plums	0.8	<b>High</b>
Sunflower	4		Bananas	2.9	Low
<b>Nuts</b>			Dates	13	V. Low
Cashews	5		Figs (dried)	18	V. Low
Walnuts	4.6		Prunes	6	Low
Filberts	8		Raisins	6	<b>V. High</b>
Peanuts	1.9		Cantaloupe	1.2	Medium
Peacans	8		Honeydew	1	V. Low
Macadamias	12		Watermelon	0.6	V. Low
<b>Beans&amp;Peas</b>			Olives	0.9	
Aduki	1		Cocoanuts		
Kidney	16	V. Low	<b>Vegetables</b>		
Lentils	16	V. Low	All Raw are Alkaline		
Navy	12		Carrots	1.4	<b>High</b>
<b>Oils</b>			Potatoes + skin	4.9	
Nut oils	0		Squashes	1.2	<b>V. High</b>
Butter	0	<b>V. High</b>	Leafy veg.	1	

<b>ACID Sugars</b>	<b>Fiber</b>	<b>Toxicity</b>	<b>ALKALINE</b>	<b>Fiber</b>	<b>Toxicity</b>
			Spinach	1	<b>High</b>
Brown Sugar	0		Broccoli	5.4	Medium
White Sugar	0		Celery etc...	2.1	<b>High</b>
Milk sugar	0		<b>Dairy</b>		
Cane sugar	0		Nonfat milk		
Malt sugar	0		Goats milk		
Maple syrup	0		<b>Nuts</b>		
Molasses	0		Raw Almonds	5.6	
<b>Meat&amp;Dairy</b>			Brazil Nuts		
All meats	0		<b>Seeds</b>		
Fish	0		All sprouted seeds		
Fowl	0	V. Low	<b>Grains</b>		
Eggs	0		Millet	3	
Cheese	0	<b>High</b>	Buckwheat	8	
Milk	0		Corn		
Yogurt	0		Quinoa		
Butter	0		All sprouted grains		
<b>Sugars</b>			<b>Oils</b>		
Honey	0	V. Low	Olive oil	0	<b>High</b>
<b>Beans&amp;Peas</b>			Soy oil	0	Low
All sprouted			Sesame seed	0	
Limas			Sunflower	0	
Soybeans	5		Corn	0	Medium
			Safflower	0	High
			Cottonseed	0	