Acid-base nutrition list

De-acidifying

Vegetables / Grasses
Alfalfa grass
Artichokes
Barley grass
Bean sprouts
Beetroot
Bell pepper
Black radish
Broccoli
Butterhead lettuce
Carrots
Cauliflower
Celeriac
Celery
Chives
Chicory
Common horsetail
Courgette/zucchini
Cucumber
Eggplant
Endive, fresh
Fennel
French string beans
Garlic
Germs
Green beans
Green cabbage
Horseradish
Horsetail
Iceberg lettuce
Kale
Kamut grass
Kelp
Kohlrabi
Lamb's lettuce
Leek
Lettuce
Onion
Potato
Pumpkin
Red cabbage
Rucola
Savoy
Shallots
Seaweed
Spinach
Spirulina
Sprouts
Sweet Potato
Turnip
Watercress
Wheatgrass
White cabbage
White radish
Fruit
Coconut, fresh
Lemon
Lime
Morello cherry
Tomato
Watermelon
Nuts & Seeds
Almonds
Caraway seeds
Chia seeds
Cumin seeds
Fennel seed
Fenugreek seeds
Hazelnuts
Hemp seed
Linseed
Quinoa seeds
Sesame seeds
Spelt seeds
Raw cereals & Legumes
Buckwheat
Soya beans, fresh
Soya flour
Soya lecithin, pure
Soya shoots
Tofu
Oils & Fats
Avocado oil
Coconut oil
Linseed oil
Olive oil
Udo's oil
Drinks
Herbal tea
Tap water
Water with - Alka® Drops
Dairy products & Eggs
Fresh whey
Unpasteurized-butter
Unpasteurized-
Full Cream Milk
Sauces, herbs & sweeteners
Apple cider vinegar
Basillicum
Cayenne pepper
Curcuma
Ginger, fresh
Lemon balm
Lemongrass
Mint
Oregano
Thyme

Slightly de-acidifying

Vegetables / Grasses
Agar agar
Asparagus
Mushrooms
Fruit
Avocado
Banana, unripe
Cantaloupe
Currants
Grapefruit
Guava
Papaya
Nuts & Seeds
Brazil nuts
Chestnuts
Dried fruit
Apricots
Dates
Raisins
Raw cereals & legumes
Lentils
Quinoa
Oils & Fats
Butter
Fish Oil
Flax seed oil
Sesame oil
Drinks
Almond milk
Rice milk
Rooibos tea
Tea, white and green
Dairy products & Eggs
Breast milk
Egg yolk
Sauces & Herbs
Garlic
Himalayan salt
Pepper
Sea salt
Sweeteners
Coconut blossom - sugar
Green stevia
Wild stevia

Slightly acidifying

Vegetables / Grasses
Rhubarb
Fruit
Apple
Apricot
Banana, ripe
Berry, blue
Berry, red / black
Blackcurrant
Cherry, sweet
Cranberry
Dates
Gooseberry, ripe
Grape, ripe
Honey melon
Khaki
Kiwi
Mango
Mandarin
Melon
Raspberry
Strawberry
Pineapple
Pomegranates
Dried fruit
Apple
Banana
Cranberry
Figs
Mango
Pears
Pineapple
Plums
Nuts & Seeds
Pine nuts
Raw cereals & legumes
Brown beans
Chickpeas
Hummus
Kidney beans
Lima beans
Peas
White beans
Oils & Fats
Walnut oil
Drinks
Mineral water - out of bottle
Soy milk
Wine, red
Dairy products & Eggs
Buttermilk
Cottage cheese
Cream
Eggs
Ghee butter
Milk
Soft curd cheese
Yoghurt
Meat, Poultry & Fish
Bread
Chicken
Codfish
Dorade
Flounder
Lamb
Oysters
Perch
Poon
Sliptong
Trout
White fish
Dark brown-without yeast Sourdough Bread
Spelt Bread
Whole grain bread-without yeast
Cereals & Rice
Amaranth
Bulgur
Barley
Oats
Rice, brown
Rye
Spelled
Unpolished rice
Wheat whole wheat
Sauces, herbs & sweeteners
Organic mustard

Acidifying

Nuts & Seeds
Cashew nuts
Macadamia
Pecans
Peanuts (= legume)
Pistachio nuts
Pumpkin seeds
Sunflower seeds
Walnuts
Oils & Fats
Corn oil
Halvarine
Hardened fats
Liquid butters
Margarine
Sunflower oil
Trans fats
Drinks
Beer (lager and all special beers)
Coffee
Cola (also light and zero)
Energy drinks
Fruit juice, sweetened
Liqueur
Liquor (distilled)
Soft drinks
(carbonated)
Tea, black
Wine, rosé
Wine, white
Dairy products & Eggs
Cheese (processed cheese)
Chocolatemilk
Hard cheese
Halvarine
Pudding / desserts
Straw cheese
Yogurt, sweetened
Yogurt drink
Meat, Poultry & Fish
Beef
Carp
Crayfish
Herring
Liver
Lobster
Mackerel
Meats
Organ meat
Pangafilet
Pork
Salmon
Tilapia
Veal
Bread
Dark brown with yeast
Rye bread
Wheat bread
White bread
Whole wheat bread with yeast
Cereals & Rice
Corn
Millet
Rice, white
Wheat
Wheat semolina
Wheat, white (pasta)
Sauces, herbs
Curry
Ketchup
Mayonnaise
Molasses
Mustard
Pickles
Salt
Silver onion
Vinegar
Wine vinegar
Sweeteners
Artificial sweeteners
Barley malt syrup
Beet sugar
Brown rice syrup
Dried cane
Fructose
Honey
Milk sugar
Sugar
Other
Edited foods
Ready made food
Food prepared in microwave
Packed or smoked
food
Pizza
Cookies
Cigarettes
Drugs
Candy
Chocolate
Potato chips