

HIGH ALKALINE	ALKALINE	LOW ALKALINE	LOW ACID	ACID	HIGH ACID
vegetable juices, parsley, raw spinach, broccoli, celery, garlic, herbal teas, lemon water, dried figs, raisins	Carrots, lettuce, zucchini, dates, blackcurrent, grapes, kiwi, apples, pears	Goat milk, soy milk, lentils, wild rice, buckwheat, strawberries, lemons, avocados, tomatoes, oranges	Bananas, plums, processed fruit juices, liver, oyster, whole milk, butter, yoghurt, white sugar	Canned fruit, white rice, white bread, pastries, pasta, fish, lamb, poultry, eggs, ketchup, mustard	Beef, pork, canned tuna, canned sardines, parmesan, black tea, coffee, beer, liquor

HIGH ALKALINE	ALKALINE	LOW ALKALINE	LOW ACID	ACID	HIGH ACID
vegetable juices, parsley, raw spinach, broccoli, celery, garlic, herbal teas, lemon water, dried figs, raisins	Carrots, lettuce, zucchini, dates, blackcurrent, grapes, kiwi, apples, pears	Goat milk, soy milk, lentils, wild rice, buckwheat, strawberries, lemons, avocados, tomatoes, oranges	Bananas, plums, processed fruit juices, liver, oyster, whole milk, butter, yoghurt, white sugar	Canned fruit, white rice, white bread, pastries, pasta, fish, lamb, poultry, eggs, ketchup, mustard	Beef, pork, canned tuna, canned sardines, parmesan, black tea, coffee, beer, liquor