

Alkali - Forming and Acid - Forming Foods

Alkali-Forming Foods	Acid – Forming Foods
Almonds	Alcohol
Apple	Asparagus
<i>Azuki</i> Bean	Beans & Nuts (except azuki beans, almonds, chestnuts, brazil nuts)
Banana	Brown rice
Carrot	Butter
Chestnut	Cheese
Coffee	Egg (Whole)
Cow's Milk	Egg yolk
Egg White	Oatmeal
Ginger	Processed Foods and Flour products
<i>Hijiki</i> (Seaweed)	Rice Bran
Millet	Sugar
Shitake Mushroom	Wheat gluten
Soybean	
Spinach	
Tea	
Tofu	
<i>Umeboshi</i> Plum	
<i>Wakame</i> (Seaweed)	

Approximate pH value of some Foods

Food	Approximate pH
Limes	1.9
Soft Drinks	2.0 – 4.0
Lemons	2.3
Vinegar	2.9
Apples	3.1
Wine	3.3
Oranges	3.5
Grapes	4.0
Coffee	4.5
Carrots	5.1
Spinach	5.4
Asparagus	5.6
Maple Syrup	6.8
Pure Water	7.0
Salt	7.5