

Acid & alkaline

| Acid | | Neutral | Alkaline | |
|------------|----------------|-----------|-----------------|-------------|
| High | Medium | | Medium | High |
| | Brazil nuts | | Almonds | |
| | walnuts | | Coconut | |
| | | | | |
| Edam | Cheddar cheese | Butter | Milk | |
| Eggs | Stilton cheese | Margarine | | |
| mayonnaise | | | Beans | Avocado |
| | | Coffee | Cabbage | Beetroot |
| Fish | Herrings | Tea | Celery | Carrots |
| Shellfish | Mackerel | Sugar | Lentils | Potatoes |
| | | syrup | Lettuce | Spinach |
| Bacon | Rye | | Mushrooms | |
| Beef | Oats | | Onions | |
| Chicken | Wheat | | Root vegetables | |
| Liver | Rice | | Tomatoes | |
| Lamb | | | | |
| veal | Plums | | Apricots | Dried fruit |
| | Cranberries | | Apples | Rhubarb |
| | Olives | | Bananas | |
| | | | Berries | |
| | | | Cherries | |
| | | | Figs | |
| | | | Grapefruit | |
| | | | Grapes | |
| | | | Lemon | |
| | | | Melon | |
| | | | Oranges | |
| | | | Peaches | |
| | | | Pears | |

| | | | | |
|--|--|--|-------------|--|
| | | | Raspberries | |
| | | | Tangerines | |
| | | | prunes | |