

# WISH

World Integrated Systems in Health  
Dr. Sandra J. Bevacqua

## Acid & Alkaline Food List

The body seems to function at its best when a diet of 80% alkaline/20% acid is consumed. Whether a food is acid or alkaline is determined by the residue left in the body after digestion, not how the food tastes in the mouth. The following is a list to help you determine which foods are alkaline and acid.

Fruits	Fruit cont.	Meats & Dairy	Sugars
<b>Acid Forming</b>	<b>Alkaline Forming</b>	<b>Acid Forming</b>	<b>Acid Forming</b>
Cranberries	Melons	All animal meats	Brown sugar
Pomegranates	- Cantaloupe	Fish	White sugar
Rhubarb	- Honeydew	Fowl	Milk sugar
Strawberries	- Watermelon	Eggs	Cane sugar
	Olives*	Cheese	Malt sugar
<b>Alkaline Forming</b>	Coconuts	Milk	Molasses
Citrus Fruits		Yogurt	Carob
- Lemons	<b>Vegetables</b>	Butter	Maple Syrup*
- Limes	<b>All Vegetables are Alkaline forming</b>	Ice Cream	Alcohol of any kind
- Oranges			
- Grapefruit	Starchy Vegetables		<b>Alkaline Forming</b>
Apples	- Carrots	<b>Alkaline Forming</b>	Honey
Apricots	- Sweet Potatoes	Nonfat Milk	Stevia
Berries	- Squashes	Goat's Milk	
Cherries	Leafy Vegetables		<b>Oils</b>
Fresh Figs	- Lettuces	<b>Nuts</b>	<b>Acid Forming</b>
Grapes	- Spinach	<b>Acid Forming</b>	Nut oils
Kiwi	Low or Non-Starch	Cashews	Butter
Mangos	- Broccoli	Walnuts	Cream
Nectarines	- Celery	Filberts	Corn oil
Papayas	- Etc.	Peanuts	Safflower oil
Peaches	Alfalfa	Pecans	Sesame seed oil
Pears	Barley Grass	Macadamias	Sunflower oil
Plums	Garlic	Peanut butter	Avocado Oil
Bananas	Mushrooms	Tahini	Canola Oil
Dried Fruits	Peppers		Flax Oil
- Dates	Sea Vegetables	<b>Alkaline Forming</b>	Hemp Seed Oil
- Figs	Sprouts	Almonds	
- Prunes	Tomatoes	Brazil Nuts*	<b>Alkaline Forming</b>
- Raisins	Wheat Grass	Chestnuts	Olive oil*
Avocado	Wild Greens	Almond Milk*	Soy oil*

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Seeds	Beans & Peas	Grains	Other Alkalizing Food
<b>Acid Forming</b>	<b>Acid Forming</b>	<b>Acid Forming</b>	Tempeh (fermented)
Chia	Aduki	Brown Rice	Tofu (fermented)
Flax*	Kidney	Barley	Whey Protein Powder
Pumpkin*	Lentils	Wheat	Apple Cider Vinegar
Sesame*	Navy	Oats	Bee Pollen
Sunflower*		Rye	Fresh Fruit Juice
	<b>Alkaline Forming</b>	Breads	Green Juices
<b>Alkaline Forming</b>	All sprouted beans	Processed Grain	Lecithin Granules
All sprouted seeds	Limas		Mineral Water
	Soybeans	<b>Alkaline Forming</b>	Probiotic Cultures
	Soy Milk*	Millet	Vegetable Juices
<b>Seasonings</b>	Mung Beans	Buckwheat	Apple Cider Vinegar
<b>Alkaline Forming</b>		Corn	
Chili Pepper		All sprouted grains	
Cinnamon		Quinoa*	
Curry		Amaranth	<b>Other Acid Forming Substances &amp; Foods</b>
Ginger		Rice Milk*	Chemicals
Herbs (all)			Drugs, Medicinal
Miso			Drugs, Recreational
Mustard			Pesticides
Sea Salt			Herbicides
Tamari			Catsup
			Cocoa
			Coffee
			Soft drinks
			Vinegar
			Aspirin
			Tobacco
			Alcohol

\*These foods are sometimes listed as Alkaline while in other places they are listed as Acidic. It is unknown at this time which side of the chart they actually fall on. The main thing to remember is that most of the foods you choose should be from the alkaline side, aiming for a diet that is 80% alkaline foods and 20% acidic foods.