

ACIDIFYING FOODS

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Rice Cakes
Wheat Cakes
Amaranth
Barley
Buckwheat
Corn
Oats (rolled)
Quinoa
Rice (all)
Rye
Spelt
Kamut
Wheat
Hemp Seed Flour

DAIRY

Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep
Milk
Butter

NUTS & BUTTERS

Cashews
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Clams
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA (WHITE)

Noodles
Macaroni
Spaghetti

OTHER

Distilled Vinegar
Wheat Germ
Potatoes

DRUGS & CHEMICALS

Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Pesticides
Herbicides

ALCOHOL

Beer
Spirits
Hard Liquor
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk