

ACID-ALKALINE CHART

The following table of foods is from Ragnar Berg of Germany.

Foods preceded by the letters "AL" are alkaline forming.

Foods preceded by the letters "AC" are acid forming.

Column #1 Non-starch Foods		Column #2 Proteins and Fruits		Column #3 Starchy Foods	
AL Alfalfa	AL Artichokes	AC Beef	AC Buttermilk	AL Bananas	AC Barley
AL Asparagus	AL Beans (string)	AC Chicken	AC Clams	AC Beans (lima)	AC Beans (white)
AL Beans (wax)	AL Beets (whole)	AC Cottage cheese	AC Crab	AC Bread	AC Cereals
AL Beet leaves	AL Broccoli	AC Duck	AC Eggs	AC Chestnuts	AC Corn
AL Cabbage (white)	AL Cabbage (red)	AC Fish	AC Goose	AC Corn meal	AC Crackers
AL Carrots	AL Carrot tops	AL Honey (pure)	AC Jello	AC Grapefruit	AC Corn Starch
AL Cauliflower	AL Celery knobs	AC Lamb	AC Lobster	AC Gluten flour	AC Lentils
AL Chickory	AL Coconut	AC Mutton	AC Nuts	AC Macaroni	AC Maize
AL Corn	AL Cucumbers	AC Oyster	AC Pork	AC Millet rye	AC Oatmeal
AL Dandelions	AL Eggplant	AC Rabbit	AC Raw sugar	AC Peanuts	AC Peanut butter
AL Endive	AL Garlic	AC Turkey	AC Turtle	AC Peas (dried)	AC Potatoes (sweet)
AL Horseradish	AL Kale	AC Veal	AL All berries	AL Potatoes (white)	AL Pumpkin
AL Kohlrabi	AL Leek	AL Apples	AL Apricots	AC Rice (brown)	AC Rice (polished)
AL Lettuce	AL Mushrooms	AL Avocados	AL Cantaloupes	AC Roman meal	AC Rye Flour
AL Okra	AL Olives (ripe)	AL Cranberries	AL Currants	AC Sauerkraut	AC Tapioca
AL Onions	AL Osterplant	AL Dates	AL Figs	AL Squash (hubbard)	
AL Parsley	AL Parsnips	AL Grapes	AL Grapefruit	Non-starchy foods mix with proteins, fruits or starches; and proteins and fruits do not mix well with starchy foods.	
AL Peas (fresh)	AL Peppers (sweet)	AL Lemons	AL Limes		
AL Radishes	AL Rutabagas	AL Oranges	AL Peaches		
AL Savory	AL Sea lettuce	AL Pears	AL Persimmons		
AL Sorrel	AL Spinach	AL Pineapple	AL Plums		
AL Soybean (products)	AL Sprouts	AL Prunes	AL Raisins		
AL Summer squash	AL Swiss chard	AL Rhubarb	AL Tomatoes		
AL Turnips	AL Watercress				