

Dr. Theodore A. Baroody – Alkalize or Die, reprinted with permission.

This handout gives a starter overview of which foods tend to be acid forming and which are alkaline forming. Begin to introduce more alkaline forming foods into your diet, do the transition over a period of 6 months, to arrive at 80% alkaline forming and 20% acid forming foods within 12 months. This is a life style change, do it consciously.

## ACID FORMING

Alcohol  
Sugar  
Dairy  
Cereals & grains  
Animal Protein  
Canned Foods  
Fast & Junk Food  
Processed Foods

## SPECIFIC FOODS

Bacon  
Barley  
Beans  
Beef  
Black Pepper  
Blueberries  
Bran, Wheat  
Bran, Oats  
Bread, White  
Bread, Whole Wheat  
Bread, Rye  
Bread, Whole Grain  
Catsup  
Cereals  
Cheese  
Chicken  
Chocolate  
Cocoa  
Coffee  
Colas all  
Corn, starch, oil,  
Corn syrup  
Coconut

Cottage Cheese  
Crackers, all  
Cranberries  
Currants  
Eggs  
Fish all  
Flour White  
Flour Wheat  
Flour Rye  
Flour Oat  
Flour Soy  
Fruit juices  
Game all  
Honey  
Ice Cream  
Lamb  
Legumes  
Lentils  
Lobster  
Milk Cow  
Maccaroni  
Meats all  
Mustard  
Nuts except Almonds  
Noodles  
Oatmeal  
Olives  
Organ Meats  
Oysters  
Peanuts  
Peanut Butter  
Pasta  
Peas, dried  
Peppers

Poultry  
Plums  
Pork  
Prunes  
Sugar  
Rice brown  
Rice white  
Rice wild  
Salmon  
Sardines  
Sausages  
Seafood all  
Shellfish all  
Soft Drinks  
Sunflower seeds  
Tea black  
Turkey  
Veal  
Vinegar  
Wine  
Walnuts  
Yogurt

## ALKALINE

Fresh fruits  
Fresh Vegetables  
Amaranth  
Millet  
Quinoa  
Ocean Vegetables  
Sprouts

## SPECIFIC FOODS

Almonds, raw

Apples sweet  
Apple Cider Vinegar  
Apricots  
Avocados  
Bananas  
Beet Greens  
Beets  
Blackberries  
Broccoli  
Brussels sprouts  
Brazil nuts  
Cabbage  
Cantaloupe  
Carrots  
Cauliflower  
Celery  
Chard leaves  
Cherries  
Chestnuts  
Collard Greens  
Corn, fresh  
Cucumbers  
Dates,  
Dulse  
Figs, fresh  
Grapefruit  
  
Grapes  
Green Beans  
Green Salads  
Herbs  
Kelp  
Lychee nuts  
Lemons  
Lettuce

Lima bean green  
Lima bean dried  
Limes  
Mangos  
Maple Syrup  
Melons  
Milk, Goat  
Millet  
Molasses  
Mushrooms  
Mustard Greens  
Nectarines  
Ocean vegetables  
Okra  
Onions  
Parsley  
Parsnips  
Peaches  
Peppers  
Pears  
Pineapple  
Potatoes, sweet  
Quinoa (keen-wa)  
Radishes  
Raisins  
Raspberries  
Rutabagas  
Sauerkraut fresh  
Seaweed  
Soy beans, green  
Spinach  
Squashes