

Acid-forming foods	Alkaline-forming foods
<p>Alcohol Artificial colouring Artificial flavouring Aspirin Barely Breads Cakes Candy Canned foods Cereals Cheeses Chocolates Coffee Sodas Dressings Doughnuts Egg whites Flours Flour-based foods Gelatine Gravies Grains(unsprouted) Grits Icecreams Jams Jellies Ketchup Mayonnies Meats Nuts(cashew, chestnut, peanut) Gluten grains Pasta Pastries Processed oils Peanuts Rice Rice cakes Rice vinegar Salt Sodas Soybeans Spaghetti Sugar Tapioca Tea (conventional) Vinegar Yogurt</p>	<p>Almond Apples Apricots Avocado Bananas Blackberries Blueberries Cantaloupe Carrots Cherries Cinnamon Cocoanuts Currants Dates Dried fruits Figs Ginger Grapefruits Grapes Guava Honeydew melon Kiwis Lemons Limes Lychee Mangos Maple syrup Millet Miso Nectarines Oranges Passion fruits Papaya Pears Peaches Persimmons Pineapples Pomegranate Quinoa Raisins sprouts Strawberries Tangerines watermelon</p>

Sources:

Jesse J. Jacoby (2012), "The Raw Cure: Healing Beyond medicine", Soulspire Publishing.

Craig B. Sommers (2006), "Raw Foods Bible" , Guru Beant Press,