

ALKALINE-FORMING FOODS

ACID-FORMING FOODS

HIGH	MEDIUM	LOW	LOW	MEDIUM	HIGH
Fruits			Fruits		
Blackberries	Apples	Coconuts	Dates	Cranberries	
Cantaloupe/Honeydew	Apricots		Figs	Olives, ripe	
Limes	Avocado		Guava	Pomegranates	
Nectarines	Banana		Plums/Prunes		
Papaya	Blueberries				
Persimmon	Cherries				
Pineapple	Grapefruit				
Raspberries	Grapes				
Strawberries	Lemons				
Tangerines	Olives, green				
Watermelon	Oranges				
	Pears/Peaches				
	Raisins				
Vegetables			Vegetables		
Asparagus	Artichokes	Brussels sprouts		Corn, fresh	
Celery	Baked potato	Carrots, organic	Carrots, commercial		
Collard greens	Beets	Cauliflower	Green peas		
Endive	Bell peppers	Cucumbers	Lima beans		
Kale	Broccoli	Mushrooms	Rhubarb		
Kohlrabi	Cabbage	Snow peas	Spinach		
Mustard greens	Eggplant		Swiss chard		
Onions	Okra				
Parsnips	Stringbeans <i>without</i> formed beans		Stringbeans <i>with</i> formed beans		
Squash, winter	Squash, summer		Tomatoes		
Sweet potatoes/Yams	Zucchini				
Meats/Fish			Meats/Fish		
			Clams	Buffalo	Bacon
			Gelatin	Catfish	Beef
				Chicken	Hamburgers
				Duck	Lobster
				Haddock	Mussels
				Liver	Sausage
				Mackerel	Shrimp
				Salmon	Steak
				Scallops	
				Tuna	
Dairy/Eggs			Dairy/Eggs		
		Clarified butter (Ghee)	Butter	Cottage cheese	American cheese
			Cream	Cream cheese	Camembert cheese
			Curd cheese	Eggs, whole	Ice cream
			Eggs, whites		
			Yogurt		

ALKALINE-FORMING FOODS

HIGH	MEDIUM	LOW
Oils		
		Avocado oil Coconut oil Cod Liver oil Flax oil Olive oil
Nuts/Seeds/Legumes/Herbs/Spices		
Chestnuts Ginger root Parsley Pumpkin seeds Salt, sea	Basil Black pepper Cashews Cilantro Cinnamon Garlic Lentils Soy sauce	Almonds Bay leaf Cayenne pepper Sesame/Sunflower seeds
Breads/Grains/Desserts		
	Baked apples (unsweetened)	Granola (unsweetened) Oatmeal Quinoa Rice, wild
Sweeteners/Vinegars		
Umeboshi vinegar	Molasses Vinegar, apple cider	Rice syrup Sucanat
Beverages		
Mineral water Tea, ginger	Grapefruit juice Pineapple juice	Apple juice Grape juice Orange juice Tea, Green/Herbal

ACID-FORMING FOODS

LOW	MEDIUM	HIGH
Oils		
Almond oil Canola oil Safflower oil Sesame oil Sunflower oil	Peanut oil Soybean oil	Cottonseed oil
Nuts/Seeds/Legumes/Herbs/Spices		
Baked beans Curry powder Garbanzo beans Green peas Kidney beans Split peas White beans	Chickpeas Peanuts	Hazelnuts Salt, Iodized table Soybeans Walnuts
Breads/Grains/Desserts		
Buckwheat flour Kasha	Barley Bread, Rye (100%) Bread, whole wheat (100%) Corn tortillas Cornmeal Rice, white	Bagels Bread/Flour, white Croissants Saltine crackers
Rice, brown		
Sweeteners/Vinegars		
Maple syrup Mayonnaise Stevia Vinegar, Balsamic/Rice		Corn syrup Sugar, brown or white Vinegar, red wine/white
Beverages		
Milk Tea, Black Tomato juice	Beer, Dark Coffee Rice milk Wine	Beer, Pale Colas/Soft drinks Espresso Milkshakes Soy milk

Reformatted Data from Principal Author: Dr. Susan E. Brown, PhD / Original Publication Date: 04/11/2000 / Last Modified: 01/21/2009

For more information about the at-home program for Better Bones, please call The Personal Program toll-free at 1-877-200-1269.

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