

Acid/Alkali-forming foods chart

| Acid-forming foods | Neutral | Alkali-forming foods |
|--|--|---|
| <p>Eat proteins and grains in moderation every day. They should fill a quarter(25%) of your plate of food or half a snack.</p> | <p>Butter Margarine Oils</p> | <p>Eat lots of these foods – they should form the majority of your food intake every day. Starchy veg can fill 25% of your plate and non-starchy veg should fill the other 50%</p> |
| <p><u>High</u></p> | <p><u>Seeds</u> Sunflower Sesame Pumpkin</p> | <p><u>Medium</u></p> |
| <p>Edam Eggs</p> | | <p><u>High</u></p> |
| <p>Mayonnaise</p> | | <p><i>Nuts</i> Almonds Seaweed of all variety Coconut Chestnuts Hazelnuts Pine kernels Cashews</p> |
| <p>Fish (all) Shellfish</p> | <p>Herrings Mackerel Dairy products</p> | <p><i>Grains</i> Millet</p> |
| <p>Meat broths, extracts Bacon Beef Chicken Liver Lamb Veal</p> | <p>Rye Oats Wheat Rice Barley Plums Cranberries Olives Beans</p> | <p><i>Vegetables</i> All vegetables, especially bitter and dark in colour, but the following are highly alkali-forming</p> |
| <p>Wholegrains such as wholewheat and brown rice are less acid-forming. Chickpeas Lentils</p> | | <p>Avocado Beetroot Carrots Potatoes Spinach</p> |
| <p><u>Most acid-forming, try to avoid</u></p> | | <p><i>Fruit</i> All fruit including citrus, but all fruit must be ripe. Fruit contains sugar so limit it to three pieces per day.</p> |
| <p>Sugar of all kinds and products containing it Flours esp. white flour Tea Coffee Alcohol Peanuts and peanut butter</p> | | |