

ACIDIFYING FOODS

It is recommended that 20% of your diet consists of acidifying foods.

Fats & Oils

Avocado Oil	Canola Oil	Hemp Seed Oil	Corn Oil	Flax Oil	Lard
Olive Oil	Safflower Oil	Sunflower Oil	Sesame Oil		

Fruits

Cranberries

Grains

Rice Cakes	Wheat Cakes	Amaranth	Barley	Buckwheat	Corn
Oats (rolled)	Quinoa	Rice (all)	Rye	Spelt	Kamut
Wheat	Hemp Seed	Flour			

Dairy

Cheese, Cow	Cheese, Goat	Cheese, Processed	Cheese, Sheep	Milk	Butter
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Nuts & Butters

Cashews	Brazil Nuts	Peanut Butter	Peanuts	Pecans	Tahini
Walnuts					

Animal Protein

Beef	Carp	Clams	Fish	Lamb	Lobster
Mussels	Oyster	Pork	Rabbit	Salmon	Shrimp
Scallops	Tuna	Turkey	Venison		

Pasta (White)

Noodles	Macaroni	Spaghetti
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Other

Distilled Vinegar	Wheat Germ	Potatoes
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Drugs & Chemicals

Chemicals	Pesticides	Herbicides	Drugs, Medicinal	Drugs, Psychedelic
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Alcohol

Beer	Spirits	Hard Liquor	Wine
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Beans & Legumes

Black Beans	Chick Peas	Green Peas	Kidney Beans	Lentils	Lima Beans
Pinto Beans	Red Beans	Soy Milk	White Beans	Rice Milk	Almond Milk