

List of Acid/Alkali Forming Foods

Here is a brief food table based on the information provided by Professor Jürgen Vormanne of the Institute for Prevention and Diet in Ismaning, Germany. Foods with a negative value exert a base (B) or alkaline effect, foods with a positive value an acid (A) effect. Neutral foodstuffs are labelled with N. The more 'alkalising' the food.

Food	Effect	Potential acidic load
Beverages		
Apple juice, unsweetened	B	-2.2
Carrot juice	B	-4.8
Coca-Cola	A	0.4
Coffee	B	-1.4
Orange juice, unsweetened	B	-2.9
Red wine	B	-2.4
Tomato juice	B	-2.8
Fats, Oil & Nuts		
Almonds	A	4.3
Hazelnuts	B	-2.8
Peanuts, plain	A	8.3
Pistachio	A	8.5
Walnuts	A	6.8
Fish & Seafood		
Halibut	A	7.8
Salmon	A	9.4
Shrimp	A	7.6
Tiger Prawn	A	18.2
Fruits		
Apples	B	-2.2
Apricots	B	-4.8

Bananas	B	-5.5
Figs, dried	B	-18.1
Grapefruit	B	-3.5
Grapes	B	-3.9
Kiwi fruit	B	-4.1
Orange	B	-2.7
Peach	B	-2.4
Pear	B	-2.9
Raisins	B	-21.0
Strawberries	B	-2.2
Grains & Flour		
Barley (wholemeal)	A	5.0
Corn (whole grain)	A	3.8
Oat flakes	A	10.7
Rice, brown	A	12.5
Rice, white	A	4.6
Wheat flour, white	A	6.9
Wheat flour, wholemeal	A	8.2
Pasta and Bread		
Spaghetti, white	A	6.5
Bread, wheat flour, whole meal	A	1.8
Bread, white wheat	A	3.7
Legumes		
Beans, green / French beans	B	-3.1
Lentils, green and brown, whole, dried	A	3.5
Peas	A	1.2
Soy beans	B	-3.4
Soy milk	B	-0.8

Tofu	B	-0.8
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Meat & Sausages

Beef, lean only	A	7.8
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Chicken, meat only	A	8.7
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Turkey, meat only	A	9.9
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Veal, fillet	A	9.0
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Milk, Dairy products & Eggs

Cheddar-type, reduced fat	A	26.4
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Cottage cheese, plain	A	8.7
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Egg	A	8.2
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Egg, white	A	1.1
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Egg, yolk	A	23.4
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Emmental Cheese full fat	A	21.1
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Fresh cheese (Quark)	A	11.1
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Milk, whole, evaporated	A	1.1
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Milk, whole, pasteurised and sterilized	A	0.7
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Parmesan	A	34.2
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Processed cheese, plain	A	28.7
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Rich creamy full fat cheese	A	13.2
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Skimmed Milk	A	0.7
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Whey	B	-1.6
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Yogurt, whole milk, fruit	A	1.2
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Yogurt, whole milk, plain	A	1.5
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Sweets

Chocolate, dark	A	0.4
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Chocolate, milk	A	2.4
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Honey	B	-0.3
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Vegetables

Asparagus	B	-0.4
Broccoli, green	B	-1.2
Brussel sprouts	B	-4.5
Carrots	B	-4.9
Cauliflower	B	-4.0
Celery	B	-5.2
Eggplant	B	-3.4
Fennel	B	-7.9
Kale	B	-7.8
Lettuce, iceberg	B	-1.6
Mushrooms, common	B	-1.4
Onions	B	-1.5
Peppers, green bell	B	-1.4
Potatoes	B	-4.0
Radish, red	B	-3.7
Ruccola	B	-7.5
Sauerkraut	B	-3.0
Spinach	B	-14.0
Tomato	B	-3.1
Zucchini	B	-4.6
Herbs & Vinegar		
Apple vinegar	B	-2.3
Basil	B	-7.3
Chives	B	-5.3
Parsley	B	-12.0
Wine vinegar, balsamic	B	-1.6

Reference: Vormann J, Worlitschek M, Goedecke T, Silver B. Supplementation with alkaline minerals reduces symptoms in patients with chronic low back pain. *J Trace Elem Med Biol.* 2001;15(2-3):179-83.