

# Chart

## Acid-Base Chart

### BASE FORMING

#### FRUIT

Apple, pineapple, apricot, avocado, banana, pear, blueberry, clementine, date, strawberry, fig, grapefruit, blueberry, raspberry, currant, cherry, kiwi, mandarin, mango, nectarine, olive (black), orange, papaya, peach, gooseberry, watermelon, grape, lemon, plum

#### VEGETABLES

Algae (Afa, Chlorella, Kelp, Konjac, Spirulina, Wakame), artichoke, cauliflower, broccoli, Chinese, white or savoy cabbage, eggplant, fennel, kale, cucumber, carrot, potato, garlic, kohlrabi, pumpkin, leek, chard, bell pepper, parsnip, parsley root, peas (fresh), radishes, white radish, brussels sprouts, beetroot, red cabbage, celery, sweet potato, tomato, sunchoke, zucchini, onion

#### MUSHROOMS

Oyster, portobello, chanterelle, shitake, boletus

#### HERBS / SALADS

Nettle, basil, chicory, chili, dill, oak leaf lettuce, iceberg lettuce, endive, lamb's lettuce, curly endive, ginger, capers, cilantro, cabbage lettuce, cress, cumin, turmeric, dandelion, marjoram, Spanish salad, balm, parsley, peppermint, rosemary, rocket, arugula, sage, sorrel, chives, thyme, cinnamon, sugar loaf, wild herbs

#### SPROUTS

Alfalfa, fenugreek sprouts, broccoli sprouts, buckwheat seedlings, linseed sprouts, lentil sprouts, mung bean sprouts, arugula sprouts, mustard sprouts, sunflower sprouts, quinoa sprouts and many more

#### NUTS AND SEEDS

Tiger nuts, young coconut, almond butter, almonds (soaked), chestnuts

#### SWEETENER

Stevia (fresh/dried), dried fruit, syrup (fresh) from dried fruit and water, xylitol and erythritol in small quantities

## ACIDIFYING

### GOOD ACIDIFIERS

- Germinated organic grain
- Pseudo grain amaranth, buckwheat, quinoa
- Millet, corn, whole grain rice
- Organic egg or fish as an exception in small quantities
- Herbal tea, green tea, and matcha (organic, high quality)
- Honey (organic, raw, without sugar additives) in small quantities
- Legumes
- Cocoa powder (raw)
- Coconut blossom sugar in small quantities
- Coconut oil, organic and raw
- Lupine coffee
- Nuts (hazelnut, macadamia, walnut, ripe coconut)
- Oil seeds and raw oil from them (chia, linseed, camelina oil, sesame, hemp seed, pumpkin seed)
- Vegetable milk (fresh, organic, raw oats, hazelnut, rice)
- Vegetable protein powder (hemp, rice, peas)
- Soy (fermented, organic- miso, tamari, tempeh)

### BAD ACIDIFIERS

- Alcoholic and caffeinated drinks
- Extract flours, starch, and products made from them, such as baked goods, pasta, etc.
- Thick juices (maple syrup, apple juice, pear juice, grape)
- Eggs from conventional agriculture
- Vinegar (wine vinegar, balsamic, exception: cloudy apple cider vinegar)
- Fast food and ready-made meals
- Fish and seafood
- Meat and sausages
- Ketchup
- Roasted nuts and seeds and the oil from them
- Honey (conventional)
- Carbonated drinks
- Lemonades, cola, and fruit juices
- Margarine and other hardened fats
- Milk and milk products (yogurt, cheese, whipped cream, sour cream) (exception: butter, ghee and cream are classified as neutral)
- Vegetable oil (rapeseed, soybeans, corn, sunflower)
- Mustard (exception: homemade)
- Soy products
- Black tea and fruit tea
- Sugar