

# Oriental Medicine

Eastern Nutrition by LinkedYin

## A list of Acid / Alkaline Forming Foods\*

Alkaline Forming Foods - 75%			Acid Forming Foods -25%		
<b>VEGETABLES</b>	<b>FRUITS</b>	<b>OTHER</b>	<b>FATS &amp; OILS</b>	<b>NUTS &amp; BUTTERS</b>	<b>DRUGS &amp; CHEMICALS</b>
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Aspartame
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Chemicals
Fermented Veggies	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs, Medicinal
Watercress	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Drugs, Psychedelic
Beets	Cantaloupe	Green Juices	Flax Oil	Pecans	Pesticides
Broccoli	Cherries	Veggies Juices	Lard	Tahini	Herbicides
Brussels sprouts	Currants	Fresh Fruit Juice	Olive Oil	Walnuts	
Cabbage	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil		<b>ALCOHOL</b>
Carrot	Grapes	Mineral Water	Sesame Oil	<b>ANIMAL PROTEIN</b>	Beer
Cauliflower	Grapefruit	Alkaline Antioxidant Water	Sunflower Oil	Beef	Spirits
Celery	Lime	Green Tea		Carp	Hard Liquor
Chard	Honeydew	Herbal Tea	<b>FRUITS</b>	Clams	Wine
Chlorella	Melon	Dandelion Tea	Cranberries	Fish	
Collard Greens	Nectarine	Ginseng Tea		Lamb	<b>BEANS &amp; LEGUMES</b>
Cucumber	Orange	Banchi Tea	<b>GRAINS</b>	Mussels	Black Beans
Eggplant	Lemon	Kombucha	Rice Cakes	Oyster	Chick Peas
Kale	Peach		Wheat Cakes	Pork	Green Peas
Kohlrabi	Pineapple	<b>SWEETENERS</b>	Amaranth	Rabbit	Kidney Beans
Lettuce	All Berries	Stevia	Barley	Salmon	Lentils
Mushrooms	Tangerine	Ki Sweet	Buckwheat	Shrimp	Lima Beans
Mustard Greens	Tomato		Corn	Scallops	Pinto Beans
Dulce	Tropical Fruits	<b>SPICES/SEASONINGS</b>	Oats (rolled)	Tuna	Red Beans
Dandelions	Watermelon	Cinnamon	Quinoa	Turkey	Soy Beans
Edible Flowers		Curry	Rice (all)	Venison	Soy Milk
Onions	<b>PROTEIN</b>	Ginger	Rye		White Beans
Parsnips (high glycemic)	Eggs (poached)	Mustard	Spelt	<b>PASTA (WHITE)</b>	Rice Milk
Peas	Whey Protein	Chili Pepper	Kamut	Noodles	Almond Milk
Peppers	Powder	Sea Salt	Wheat	Macaroni	
Pumpkin	Cottage Cheese	Miso	Hemp Seed	Spaghetti	
Rutabaga	Chicken Breast	Tamari	Flour		
Sea Veggies	Yogurt	All Herbs	<b>DAIRY</b>	<b>OTHER</b>	
Spirulina	Almonds		Cheese, Cow	Distilled	
Sprouts	Chestnuts	<b>ORIENTAL VEGETABLES</b>	Cheese, Goat	Vinegar	
Squashes	Tofu	Maitake	Cheese, Processed	Wheat Germ	
Alfalfa	(fermented)	Daikon	Cheese, Sheep	Potatoes	
Barley Grass	Flax Seeds	Dandelion Root	Milk		
Wheat Grass	Pumpkin Seeds	Shitake	Butter		
Wild Greens	Tempeh	Kombu			
Nightshade	(fermented)	Reishi			
Veggies	Squash Seeds	Nori			
	Sunflower Seeds	Umeboshi			
	Millet	Wakame			
	Sprouted Seeds	Sea Veggies			
	Nuts				

\*Reference: <http://www.rense.com/1.mpicons/acidalka.htm>