



ACIDITY CHART OF COMMON FOODS

HIGHER ACIDITY FOODS

Fruits - blackberries, blueberries, cherries
cranberries, grapes, grapefruit, lemons
limes, pineapples, pomegranates, raspberries
strawberries

MEDIUM ACIDITY FOODS

Fruits/Veg - Apples, apricots, figs, mangos, nectarines
oranges, peaches, pears, tomatoes

No/LOWER ACIDITY FOODS

Foods - Rye, wheat & white breads, cheddar
and parmesan cheese, barley and beans,
Artichokes, asparagus, avocados, broccoli, cabbage
carrots, cauliflower, celery, corn, eggplant, cucumber,
yams, zucchini, potatoes, black olives, peanut butter

HIGHER ACIDITY BEVERAGES

* Apple cider, Apple, cranberry &
grapefruit juices, any soda pop

MEDIUM ACIDITY BEVERAGES

* Buttermilk, Orange Juice, Red &
White Wines

No/LOWER ACIDITY BEVERAGES

*Milk and mineral water