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STRONG Acidity	MEDIUM Acidity	MILD Acidity	General Tips	MILD Alkalinity	MEDIUM Alkalinity	STRONG Alkalinity
			Raw vegetables and fruits are alkalizing			
			Soaked/sprouted foods tend to be alkalizing			
			Fried, charred, or heavily cooked foods are acidifying			
			Condiments and oils are acidifying			
Heavily Processed/ Refined Food Soda/Pop Alcohol Refined Sugars	Processed/ Refined Grains Coffee & Tea Meat Cheese & Dairy	Cooked Beans & Grains Eggs Most Nuts Fish & Seafood	Focus on 25% acid to 75% alkaline forming foods daily	Most Fresh Fruits Some Raw Nuts Herbal Tea/ Green Tea Mushrooms	Some Vegetables Fresh beans, peas, lentils Some Fruits Sweet Potato/Yams	All Leafy Greens Cruciferous Vegetables Other Vegetables Lemons/Limes

For more information and resources, visit: EvolvingWellness.com or Healthytarian.com