

Acid Forming If you need to be more acid, then eat yellow foods

Neutral is Green

Alkaline Forming If you need to be more alkaline, then eat blue foods

Acidophilus	Gypsum
Alka-Seltzer	Carbonate
Amaranth	Oxide
Animal/Bird Meats	Carbonate/O/P
Apples	Gypsum
Apricot	Carbonate/P
Arrowroot	Carbonate/Gy
Asparagus	Oxide
Avocado	Carbonate/P
Baking Powder	Phosphate
Baking Soda+Juice	Carbonate
Bamboo Shoots	Oxide
Bananas	Oxide/P/GI/Gy
Barley	Phosphate
Beer	Carbonate
Black Olives	Carbonate/O
Blackberries	Gypsum
Blackstrap Molasses	Dolomite/O/P/Gy
Boiled Nuts	Oxide/P
Boysenberries	Gypsum
Broccoli	Carbonate/P
Brussel Sprouts	Phosphate
Buckwheat	Oxide
Buttermilk	Gypsum
Cabbage	Phosphate
Cane Syrup	Dolomite/O/P/Gy
Carob	Oxide
Carrots	Phosphate
Cassava	Carbonate/O
Cauliflower	Phosphate
Celery	Phosphate
Chaparral	Dolomite
Chayote	Carbonate/O/Gy
Cheese	Carbonate/O/P/Gy
Chives	Oxide
Chlorophyll	Phosphate
Citrus	Gypsum
Coconut	Dolomite/C/O/P/GI
Comfrey	Phosphate
Corn Meal	Oxide
Corn Starch	Carbonate
Cottage Cheese	Gluconate/Gy
Cranberry	Gypsum
Crayfish	Dolomite
Cream of Tartar	Gluconate
Cucumber	Carbonate/O/GI
Dewberry	Gypsum
Dried Corn	Oxide
Dried Fruit	Oxide/P
Dry Beans	Oxide
Dry Peas	Oxide
Eggplant	Phosphate
Eggs	Carbonate/O/GI/Gy
Fish	Dolomite
Garlic	Oxide

Globe Artichoke	Oxide
Goat Milk	Gluconate
Green Beans	Carbonate
Green Olives	Carbonate/O
Green Peppers	Phosphate
Grits	Oxide
Guava	Oxide/Gy
Hominy	Oxide/P
Honey	Phosphate
Jerusalem Artichoke	Oxide
Jicama	Oxide
Kefir	Gypsum
Kelp	Oxide
Kiwi	Carbonate/P
Kohlrabi	Phosphate
Kumquat	Gypsum
Leafy Vegetables	Phosphate
Leechee	Oxide
Leeks	Oxide
Legumes	Phosphate
Lemon	Carbonate/O
Lemon Grass	Gypsum
Loquat	Oxide/Gy
Malunga	Oxide
Mango	Dolomite/C/O/P/GI
Maple Syrup	Phosphate
Melons (All Types)	Gluconate
Millet	Carbonate/O
Mint	Carbonate
Mushrooms	Carbonate
Nectarine	Carbonate/O
Non Legumes	Carbonate/O
Nuts	Oxide/P
Oatmeal	Phosphate
Okra	Phosphate
Olive Oil	Carbonate/O
Onions	Oxide/P
Oysters	Dolomite
Papaya	Dolomite/C/O/P
Parsley	Phosphate
Paw Paw	Gluconate
Peaches	Oxide/Gy
Peanuts	Oxide
Pears	Dolomite
Persimmons	Phosphate
Pineapple	Gypsum
Pomegranate	Gypsum
Powdered Milk	Gluconate
Prickly Pear	Gypsum
Psyllium Powder	Dolomite
Pumpkin	Carbonate/O
Pumpkin Seeds	Carbonate/P/GI
Quince	Gypsum
Radish	Phosphate
Raspberries	Gypsum

Rhubarb	Gypsum
Rice	Oxide
Root Crops	Phosphate
Rutabaga	Phosphate
Rye	Oxide
Salsify	Dolomite
Sea Grapes	Dolomite/C/O/P/GI
Senna	Dolomite
Sesame Seeds	Carbonate/P/GI
Shallot	Oxide
Shellfish	Dolomite
Soft Drinks	Carbonate
Sorghum	Dolomite/O/P/Gy
Sour Blueberries	Gypsum
Sour Cherries	Gypsum
Sour Currants	Gypsum
Sour Gooseberries	Gypsum
Sour Huckleberries	Gypsum
Sour Plums	Gypsum
Soy Milk	Gluconate/Gy if sour
Sprouts-non, wheat/alfalfa	Gluconate
Sprouts-wheat/alfalfa	Oxide
Squash	Carbonate/O/P
Strawberries	Gypsum
Sunflower Seeds	Carbonate/P/GI
Sweet Blueberries	Oxide
Sweet Cherries	Carbonate/O
Sweet Corn	Gluconate
Sweet Currants	Oxide
Sweet Florida - Barbados Cherry	Carbonate
Sweet Gooseberries	Oxide
Sweet Grapes	Carbonate/P
Sweet Huckleberries	Oxide
Sweet Milk	Gluconate
Sweet Plums	Carbonate/O
Sweet Potatoes	Phosphate
Tapioca	Carbonate/O
Tomatoes	Oxide
Ugli Fruit	Gypsum
Water Chestnut	Oxide/P
Watercress	Dolomite
Wheat	Oxide
Wheat Germ	Oxide
White Potatoes	Oxide
Wine	Gluconate/Gy
Yucca	Oxide

Note that Baking Soda is the only form of Tri-Calcium. In this chart the PREDOMINANT form of calcium is listed with any lesser content forms following as abbreviations