

	High Acidity	Medium Acidity	Lower Acidity
Beverages	Carbonated beverages (including diet), energy drinks, apple cider, fruit juices (apple, cranberry, grapefruit), ice tea	Orange juice, red and white wine	Still mineral water
Foods	<p>Fruits: blackberries, blueberries, cherries, cranberries, grapes, grapefruit, lemons, limes, pineapples, pomegranates, raspberries, strawberries</p> <p>Other: fruit jellies and jams, gelatin, lemon juice, pickles, salad dressings, vinegar</p>	<p>Fruits: apples, apricots, bananas, figs, mangos, nectarines, oranges, peaches, pears</p> <p>Vegetables: tomatoes</p> <p>Other: green olives, honey, pesto, raisins</p>	<p>Bread: rye, wheat</p> <p>Grains and legumes: barley, beans</p> <p>Vegetables: artichokes, asparagus, avocados, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, yams, zucchini</p> <p>Other: black olives, peanut butter</p>