

IRRESISTIBLE YOU

Acid Food List



Acid-Forming Foods

Blueberries

Corn

Cranberries

Currants

Dairy

Dried beans and peas

All grains

Lentils

Meats high in saturated fats (beef, veal, sausage etc.)

Nightshade vegetables (tomatoes, eggplant, all peppers except black pepper and white potatoes)

Paprika

Plums

Prunes

Rhubarb

Shellfish (lobster, shrimp, clams and crab)

Strawberries

Tobacco