

ACID-FORMING FOODS (+ PRAL values per 100g)

Animal Protein				HIGH	MEDIUM	LOW	
Clams	+ 12.55	Lobster/crayfish	+ 10.35	Rabbit	+ 19	Scallops	+ 13.3
Corned beef	+ 13.2	Luncheon meats (average)	+ 10.5	Salami	+ 11.6	Trout	+ 10.8
Egg yolk (chicken)	+ 23.4	Mussels	+ 15.3	Salmon	+ 13.5	Tuna	+ 14.9
Goose	+ 13	Organ meats (average)	+ 15	Sardines	+ 13.3	Venison	+ 15.4
Liver (beef)	+ 15	Prawns	+ 17.5				
Beef	+ 7.8	Duck	+ 8.4	Lamb	+ 7.6	Shrimp	+ 7.6
Carp	+ 8.0	Eggs whole (chicken)	+ 8.2	Pork	+ 7.6	Turkey	+ 9.9
Chicken	+ 8.7	Fish (average)	+ 8.0	Sausages (average)	+ 8.5	Veal	+ 9.0
Cod	+ 7.1	Frankfurts	+ 6.8				
Egg white (chicken)	+ 1.1	Oysters (raw)	+ 1.9				
Grains, Breads & Pasta							
Oats (rolled)	+ 12.5	Rice (brown)	+ 12.5				
Amaranth	+ 7.5	Flour (average)	+ 7.5	Rice cakes	+ 7.7	Spaghetti, wholemeal	+ 7.3
Bread sourdough	+ 6	Macaroni	+ 6.1	Rusk	+ 5.9	Spelt	+ 8.8
Bread Pita wholewheat	+ 5.9	Millet	+ 8.6	Spaghetti	+ 6.5	Wheat	+ 8.2
Cornflakes	+ 6	Pasta	+ 6.5				
Barley	+ 5	Corn cob cooked	+ 0.3	Pumpernickel	+ 4.2	Rice, white	+ 1.7
Bread (average)	+ 3.8	Corn/cornstarch	+ 3.8	Quinoa	+ 2.4	Rye	+ 4.4
Buckwheat	+ 3.7	Pasta, gluten free rice base	+ 4.41	Rice, wild cooked	+ 2.0		
Beans & Legumes							
Lima beans	+ 6.16	White beans	+ 5.64				
Chick peas	+ 2.5	Kidney beans	+ 0.7	Lentils	+ 3.5	Pinto Beans	+ 1.25
Green peas	+ 1.2						

Nuts & Butters					
Tahini	+ 18.7				
Brazil nuts	+ 8.1	Peanut butter (processed)	+ 7.35	Peanuts	+ 8.3
Cashews	+ 8.9				Walnuts
					+ 6.8
Pecans	+ 2.1	Pistachios	+ 2.0	Almonds, raw	+ 3.1
Dairy					
Cheese Blue vein	+ 12.0	Cheese Feta	+ 11.2	Cheese hard (average)	+ 18.6
Cheese Brie	+ 11.2	Cheese Quark	+ 11.1	Cheese, high protein (average)	+ 23.6
					Cheese, low fat cheddar
					+ 26.4
Cheese, Cottage	+ 8.7	Cheese low protein (average)	+ 8	Cheese ricotta	+ 6.2
Butter	+ 0.6	Cream	+ 1.2	Milk, cows	+ 1.1
Buttermilk	+ 0.5	Ice cream	+ 0.6	Sour cream	+ 1.2
					Yoghurt, cows
					+ 1.5
Vegetables					
Alfalfa sprout	+ 1.7	Peas, frozen (cooked)	+ 2.2		
Alcohol					
Distilled spirits	+ 0.11	Wine	+ 0.03		
Drinks					
Carbonated drinks	+ 0.05	Coca cola	+ 0.4	Soy milk	+ 1.3
Vegetarian Protein					
Chia	+ 14.4	Sunflower Seeds dried	+ 11.6		
Tempeh	+ 6.6				
Tofu	+ 1.5				
Sweets & Sugars					
Crackers, wheat low fat	+ 5.84				
Crackers, arrowroot	+ 4.47	Cake (average)	+ 3.70	Cookies, choc chip low fat	+ 2.39
				Milk chocolate	+ 2.40

ALKALINE FOODS (- PRAL values per 100g)

Vegetables				LOW	MEDIUM	HIGH	
Artichokes	- 3.2	Cauliflower	- 4.0	Gherkin, pickled	- 1.6	Potato	- 4.0
Asparagus	- 0.4	Chicory	- 2.0	Green beans	- 3.1	Pumpkin	- 3.8
Beets	- 4.9	Cucumber	- 0.8	Leeks	- 1.8	Radish, red	- 4.4
Broccoli	- 4.0	Edamame	- 0.5	Lettuce, average	- 2.0	Sauerkraut	- 3.0
Cabbage	- 2.8	Eggplant	- 3.4	Mushrooms	- 1.4	Tomato	- 3.1
Capsicum, green	- 1.4	Frozen mixed vegetable	- 2.8	Onions	- 1.5	Zucchini	- 4.6
Carrot	- 5.7	Garlic	- 1.7				
Artichokes, Jerusalem	- 5.7	Chives	- 5.3	Ginger, fresh	- 7.9	Rocket (Arugula)	- 7.8
Avocado	- 8.2	Collards	- 5.7	Kale	- 7.8	Rutabaga	- 5.0
Beetroot	- 5.8	Dandelion greens	- 7.9	Kohlrabi	- 5.5	Sweet Potato	- 6.5
Brussel sprouts	- 5.5	Endive	- 6.0	Mustard Greens	- 6.8	Watercress	- 5.7
Celery	- 5.2	Fennel	- 7.9	Parsnips	- 5.8		
Chard	- 12.2	Spinach	- 14.0				
Oriental Vegetables							
Maitake	- 0.8	Shitake	- 1.7	Spirulina	- 2.7	Wakame	- 1.3
Nori	- 3.4						
Bamboo shoots	- 7.9	Pak choy	- 5.1				
Fruits							
Apple (average)	- 2.2	Honeydew melon	- 4.4	Orange	- 2.8	Plums	- 2.6
Apricot	- 4.3	Lemon	- 2.6	Papaya	- 4.0	Pomegranate	- 3.2
Blackberries	- 2.8	Lime	- 1.7	Peach	- 3.1	Raspberries	- 2.4
Blueberry, fresh	- 1.2	Mango	- 3.0	Pear	- 2.1	Strawberries	- 2.5
Grapes	- 3.9	Mulberries	- 2.9	Pineapple	- 2.2	Tomato	- 3.1
Grapefruit	- 3.5	Nectarine	- 3.1				
Avocado	- 8.2	Currants	- 6.5	Fruit straps	- 5.9	Kiwi fruit	- 5.6
Banana	- 5.5						
Banana chips, dehydrated	- 10.2	Dates - medjool	- 13.6	Raisins	- 14.4		

Vegetarian Protein							
Chestnuts, water -tinned	- 1.5	Hazelnuts	- 3.1	Soy beans, green, raw	- 3.7		
Chestnuts, European raw	- 8.9						
Pumpkin seeds	- 14.3						
Spices & Seasonings							
Garlic, fresh	- 2.6	Salt	- 0.5				
Basil, fresh	- 6.5	Cocoa powder	- 9.8	Coriander, fresh	- 9.5	Ginger, fresh	- 7.9
Chilli, fresh	- 5.3						
Cumin seeds, dried	- 32	Dill, fresh	- 16	Parsley, fresh	- 11	Rosemary, fresh	- 16.4
Chilli powder	- 31.4	Ginger, dried powder	- 24.5	Parsley, dried	- 52		
Alcohol							
Beer	- 0.2						
Drinks							
Apple juice	- 2.2	Coffee, black	- 1.4	Lemon juice	- 1.9	Pineapple juice	- 2.7
Apricot nectar	- 2.1	Grapefruit juice, pink	- 3.0	Orange juice	- 3.6	Vegetable juice (average)	- 3.8
Coconut milk, canned	- 1.6	Herbal tea (average)	- 0.2	Tomato juice	- 3.4	Water	0
Coconut water	- 5.12						
Fats & Oil							
Coconut oil	0	Fish oil	0	Flaxseed oil	- 0.08		
Other							
Mustard	- 1.14	Tomato Sauce	- 2.08	Goats milk	- 0.54		
Chocolate dark 70-80%	- 6.68						