

# Twin Forks Gastroenterology & Hepatology, P.C.

## Eyad M. Ali, M.D.

### Acidic Foods to Avoid

#### Dairy and Dairy Substitutes:

##### Slightly Acidic:

Cow's Milk  
Rice Milk  
Soy Milk

##### Most Acid:

Ice Cream  
Soy Cheese  
Whey Protein Powder  
Cheese (cottage cheese,  
Pecans

cheese, Sunflower Seeds  
Most Acid:  
and goat cheese).

#### Nuts, Seeds, and Oils

##### Slightly Acidic:

Brazil Nuts  
Flaxseeds  
Hazelnuts

##### Moderate Acid:

Butter Walnuts  
Ghee Margarine  
Corn Oil  
hard cheese, aged

Sunflower Oil  
Grapeseed Oil

Peanuts Cashews  
Pistachios

#### Animal Meat:

##### Most Acid:

Beef Eggs Pheasant  
Chicken Farmed Fish Pork  
Duck Gelatin Poultry  
Lobster Organ Meat Seafood  
Squid Turkey  
Venison Veal Wild Fish

##### Moderate Acid:

#### Condiments:

##### Moderate Acid:

Ketchup  
Mayonnaise  
Table Salt

##### Most Acid:

Jam Molasses  
Mustard Sugar Cane  
Soy Sauce Malt Syrup  
Vinegar Honey  
White Sugar Maple Syrup  
Aspartame Yeast  
Brown Rice Syrup

#### Grains:

##### Slightly Acidic:

Amaranth  
Millet

##### Moderate Acid:

Oats  
Rice (brown or white)  
Rye  
Wheat

##### Most Acidic:

Barley  
Corn  
Rye

#### Vegetables:

##### Most Acidic:

Mushrooms  
Potatoes

#### Beans and Legumes:

##### Slightly Acidic:

Black Beans  
Chick Peas

#### Fruit:

##### Slightly Acidic:

Cantaloupe  
Dates (not dried)

##### Moderate Acid:

Apple Honey Dew Pineapple  
ApricotMango Tangerine

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Kidney Beans

Nectarines

Banana

Orange

Watermelon

All Berries

Papaya

**Most Acid:**

Figs (fresh)

Peach

Dried Fruit

Grapes

Persimmon