PRAL LIST OF ALKALINE AND ACIDIC FOODS

HIGH ALKALINE FRUITS (PRAL PER SERVING):

Orange juice* (1 cup: -9.0)
Bananas* (1 medium: -8.1)
Kiwis* (2 fruit: -7.7)
Pears (1 medium: -6.6)
Avocado* (1/2 medium: -5.8)
Cherries (1 cup: -5.8)
Oranges* (1 medium: -4.7)
Raisins* (1/4 cup: -4.4)
Blackberries (1 cup: -4.0)
Strawberries (1 cup: -3.8)
Pineapple (1 cup: -3.6)
Apples (1 medium: -3.5)
Apricots, fresh (2 fruit: -3)
Raspberries(1 cup: -2.9)
Blueberries (1 cup: -1.5)

*foods high in potassium

HIGH ALKALINE VEGGIES (PRAL PER SERVING):

Potato*(1 medium: -14.4)
Beet Greens, cooked*
(1/2 cup: -14.0)
Sweet potato*
(1 medium: -12.2)
Parsnips (1 cup: -12)
Swiss Chard, cooked*
(1/2 cup: -10.8)
Brussels Sprouts, cooked*
(1 cup: -9.6)
Summer squash (1 cup: -9.1)
Carrots, raw (1 cup: -7.3)
Winter Squash*(1 cup: -6.1)
Spinach, raw* (1 cup: -3.5)
Broccoli, cooked (1 cup: -3.5)
Bell Peppers, raw (1 cup: -3.1)
Green Beans, cooked (1 cup: -2.6)
Beets, cooked* (1 medium: -2.5)
Cucumber (1 cup: -2.5)
Cabbage, raw (1 cup: -2.5)
Kale, raw (1 cup: -1.7)
Cauliflower, cooked (1 cup: -1.6)

PRAL LIST OF ALKALINE AND ACIDIC FOODS

HIGH ACIDIC FOODS (PRAL PER SERVING):

Chicken breast, skinless
(3 ounces: +14.5)
Ground beef, 93%
(3 ounces: +11.4)
Tempeh (4 ounces: +8.6)
Salmon (3 ounces: +6)
Cheese, cheddar (1 ounce: +4.7)
Egg yolks (1 large: 3.0)

NEUTRAL FOODS (PRAL PER SERVING):

Olive Oil (2 tablespoons: 0.0)
Avocado oil (2 tablespoons: 0.0)
Egg whites (1 large: 0.7)

OTHER FOODS (PRAL PER SERVING):

Almond Milk, unsweetened
(1 cup: -8.2)

LOWER ACIDIC FOODS/NEUTRAL FOODS (PRAL PER SERVING):

Milk 1% (1 cup: 0.2)
Yogurt, low fat plain (1 cup: 0.4)
Almonds(1 ounce: 0.6)
Egg whites (1 large: 0.7)
Black beans (1/2 cup: 0.9)
Walnuts (1 ounce: +1.6)
Whole wheat bread (1 slice: +1.6)
Peanut Butter (2 tablespoons: +2.1)
Lentils (1/2 cup: +2.1)
Chickpeas (1/2 cup: +2.3)
Tofu, cooked (4 ounces: +2.5)
Quinoa (1 cup: +4.2)
Brown rice (1 cup: +4.6)

*foods high in potassium