

**KSR**

STONE CARE AND RESTORATION

Acidic Food and Drink Chart

A list of common food and drinks that can etch calcite based stones

This is only a partial list of acidic foods and drinks and some variations of each item may be more or less acidic than others.

Very Low Acidity

black-eyed peas
brown rice
butter
buttermilk
canola oil
corn oil
chutney
coconut
cream
curry
dates
dry fruit
eggs
fava beans
figs
fish (cold water)
fruit juices (processed)
gelatin
goat cheese
grape seed oil
guava
honey (processed)
maple syrup
molasses
pine nuts
pumpkin seed oil
rhubarb
spinach
string beans
sunflower oil
tea
venison
vinegar
wax beans
wild duck
yogurt
zucchini

Low Acidity

adzuki beans
aged cheese
alcohol
almond oil
balsamic vinegar
black tea
boar
buckwheat
chard
cocoa
cow milk
game meat
goat milk
grains (most)
kidney beans
lamb
lima beans
milk
navy beans
pinto beans
plum
potatoes (no skins)
red beans
safflower oil
sesame oil
shell fish
soy milk
tapioca
tofu
tomatoes
turkey
vanilla
wheat
white beans
white rice

Moderate Acidity

barley groats
basmati rice
chestnut oil
chicken
chocolate
coffee
corn
cottage cheese
egg whites
fructose
garbanzo beans
green peas
honey (pasteurized)
ketchup
lard
maize
mussels
mustard
nutmeg
oat bran
olives (pickled)
other legumes
palm kernel oil
pasta (whole grain)
pastry
peanuts
pecans
pistachio seeds
pomegranate
popcorn
pork
prunes
rye
snow peas
soy milk
squid
veal
walnuts

High Acidity

artificial sweeteners
barley
beef
beer
blueberries
brazil nuts
breads
brown sugar
cheese
cocoa
cottonseed oil
cranberry
fruits (citrus)
flour (white)
fried foods
fruit juices with sugar
hazelnuts
hops
ice cream
jam / jelly
liquor
lobster
milk (homogenized)
pasta (white)
pickles (commercial)
processed cheese
seafood
shellfish
soft drinks
soybean
sugar
table salt
wheat
white bread
white flour
white vinegar
whole wheat foods
wine