

Food & Chemical Effects on Acid /Alkaline Body Chemical Balance

<u>Most Alkaline</u>	<u>More Alkaline</u>	<u>Low Alkaline</u>	<u>Lowest Alkaline</u>	<u>Food Category</u>	<u>Lowest Acid</u>	<u>Low Acid</u>	<u>More Acid</u>	<u>Most Acid</u>
•Baking Soda	Spices/Cinnamon Valerian Licorice •Black Cohash	•Herbs (most): Arnica, White Willow Bark Bergamot, Echinacea, Slippery Elm Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass		Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jefly
Sea Salt Mineral Water	•Kambucha Molasses Soy Sauce	•Green or Mu Tea Rice Syrup Apple Cider Vinegar	<i>Sulfite</i> Ginger Tea •Sucanat •Umeboshi Vinegar	Preservative Beverage Sweetener Vinegar	MSG <i>Kona Coffee</i> Honey/Maple Syrup Rice Vinegar	<i>Benzoate</i> <i>Alcohol</i> Black Tea Balsamic Vinegar	<i>Aspartame</i> <i>Coffee</i> <i>Saccharin</i>	<i>Table Salt (NaCl)</i> Beer; <i>'Soda'</i> Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
Umeboshi Plum		Sake	•Algae, Blue-Green •Ghee (Clarified Butter) Human Breast Milk	Therapeutic Processed Dairy Cow/Human Soy Goat/Sheep		<i>Antihistamines</i> Cow Milk Aged Cheese Soy Cheese Goat Milk	<i>Psychotropics</i> Casein, Milk Protein, <i>Processed Cheese</i> Cottage Cheese New Cheese Soy Milk	<i>Antibiotics</i> Ice Cream
		Quail Egg	Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk-/Game Meat Shell Fish/Mollusks	Pork/Veal Bear •Mussel/Squid	Beef Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	•Pheasant
			Oat 'Grain Coffee' •Quinoa Wild Rice Japonica Rice	Grain Cereal Grass	•Triticale Millet Kasha •Amaranth Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Com Rye Oat Bran	Barley <i>Processed Flour</i>
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond •Sprout	Avocado Oil Seeds (most) Coconut Oil Olive Oil Linseed/Flax Oil	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca •Seitan or Tofu	Pistachio Seed Chestnut Oil <i>Lard</i> Pecan Palm Kernel Oil	•Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut <i>Fried Food</i>
<i>Hydrogenated Oil</i>								
Lentil Broccoli •Seaweed: Nori/Kombu/Wakame/Hijiki Onion/Miso •Daikon/Taro Root •Sea Vegetables (other) •Burdock/•Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga •Salsify/•Ginseng Eggplant Pumpkin Collard Greens	-Brussels Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	Bean Vegetable Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea Legumes (other) Carrot Chick Pea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive •Cherry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	Citrus Fruit Fruit	Coconut Guava •Pickled Fruit Dry Fruit Fig Persimmon Juice •Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	

•Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended.