

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

<u>Most 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, Bergamot, Echinacea, Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass	Spice/Herb		Curry Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	• Kombucha Molasses Soy Sauce	• Green or Mu Tea Rice Syrup Apple Cider Vinegar	Preservative Beverage Sweetener Vinegar	<i>MSG</i> <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; "Soda" Yeast/hops/Malt Sugar/Cocoa White/Acetic Vinegar
• Umeboshi Plum	• Sake	• Algae, Blue-Green	Therapeutic		<i>Antihistamines</i>	<i>Psychotropics</i>	<i>Antibiotics</i>
		• Ghee (Clarified Butter) Human Breast Milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream/Butter Yogurt Goat/Sheep Cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	• Casein, Milk Protein Cottage Cheese New Cheese Soy Milk	<i>Processed Cheese</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 <i>Wheat</i> • Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley <i>Processed Flour</i>
Pumpkin Seed <i>Hydrogenated Oil</i>	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond • Sprout	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	• <i>Cottonseed Oil/Meal</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i>
Lentil Broccoli • Seaweed: Nori/Kombu/Wakame/Hijiri 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	Bean Vegetable Legume Pulse Root	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	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
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive • Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Citrus Fruit Fruit	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	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.