

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

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

Italicized items are NOT recommended.