

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 Agave	*Herbs (most): Arnica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass, Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt			<i>Sulfite</i>	Preservative	MSG	Benzoate	Aspartame	<i>Table Salt (NaCL)</i>
Mineral Water	*Kombucha	*Green or Mu Tea	Ginger Tea	Beverage	Kona Coffee	Alcohol Black Tea	Cofee	Beer, 'Soda' Yeast/Hops/Malt
	Molasses	Rice Syrup	*Sucanat	Sweetener	Honey/Maple Syrup		Saccharin	Sugar/Cocoa
	Soy Sauce	Apple Cider Vinegar	*Umeboshi Vinegar	Vinegar	Rice Vinegar	Balsamic Vinegar	Red Wine Vinegar	White/Acetic Vinegar
Umeboshi Plum		*Sake	*Algae, Blue Green *Ghee (Clarified Butter)	Therapeutic		<i>Antihistamines</i>	Psychotropics	<i>Antibiotics</i>
			Human Breast Milk	Processed Dairy	Cream/Butter	Cow Milk	*Casein, Milk, Protein, Cottage Cheese	<i>Processed Cheese</i>
				Cow/Human	Yogurt	Aged Cheese	New Cheese	Ice Cream
				Soy		Soy Cheese	Soy Milk	
				Goat/Sheep	Goat/Sheep Cheese	Goat Milk		
		*Quail Egg	*Duck Egg	Egg	Chicken Egg			
				Meat	Gelatin/Organs	Lamb/Mutton	Pork/Veal	Beef
				Game	*Venison	Bear/Elk/Game Meat	Bear	
				Fish/Shellfish	Fish	Mollusks Shellfish (whole)	*Mussel/Squid	Shellfish (<i>Processed</i>) *Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oat 'Grain Coffee' *Quinoa Wild Rice *Amaranth Japonica Rice	Grain Cereal Grass	*Triticale Millet Kasha Brown Rice	Buckwheat Wheat *Spelt/Teft/Kamut 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/Macadamia 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	* <i>Cottonseed Oil/Meat</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i>
<i>Hydrogenated Oil</i>								
Lentil Broccoli *Seaweed Nori/Kombu/ Wakame/Higki Onion/Miso *Daikon/Taro Root *Sea Vegetables (other) Dandelion Greens *Burdock/Lotus root Sweet Potato/Yam	Kohirabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Jerusalem Artichoke Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga *Salsify/Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Artichoke 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 Chickpeas/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive *Dewberry 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