

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 Cohash 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 Mineral Water | •Kombucha Molasses Soy Sauce | •Green or Mu Tea Rice Syrup Apple Cider Vinegar | <i>Sulfite</i> Ginger Tea •Sucanat •Umeboshi Vinegar | Preservative Beverage Sweetner Vinegar | <i>MSG</i> Kona Coffee Honey/Maple Syrup Rice Vinegar | Benzoate Alcohol Black Tea Balsamic Vinegar | Aspartame Coffee Saccharin Red Wine Vinegar | <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 Mollusks Shell Fish (Whole) | Pork/Veal Bear •Mussel/Squid | Beef Shell Fish (Processed) •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/Teff/Kamut Farina/Semolina White Rice | Maize Barley Groat Corn Rye Oat Bran | Barley Processed Flour |
| Pumpkin Seed <i>Hydrogenated Oil</i> | 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 <i>Lard</i> Pecan Palm Kernel Oil | • <i>Cottonseed Oil/Meal</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i> |
| Lentil Broccoli •Seaweed Noril Kombu Wakame Hijiki Onion/Miso •Daikon/Taro Root •Sea Vegetables (other) Dandelion Greens •Burdock/•Lotus Root Sweet Potato/Yam | Kohlrabi 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 ChickPea/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

