

# Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

<b>Most Alkaline</b>	<b>More Alkaline</b>	<b>Low Alkaline</b>	<b>Lowest Alkaline</b>	<b>Food Category</b>	<b>Lowest Acid</b>	<b>Low Acid</b>	<b>More Acid</b>	<b>Most Acid</b>
• Baking Soda	Spices/Cinnamon Valerian Licorice • Black Cohash	• Herbs (most): Arnica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass	White Willow Bark Slippery Elm Artemesia Annua	<b>Spice/Herb</b>	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 • Umehoshi Vinegar	<b>Preservative Beverage</b>  <b>Sweetener Vinegar</b>	<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
• Umehoshi Plum	• Sake	• Sake	• Algae, Blue-Green  • Ghee (Clarified Butter) Human Breast Milk	<b>Therapeutic</b>  <b>Processed Dairy</b>  <b>Cow/Human Soy Goat/Sheep</b>	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		<b>Egg</b>	Chicken Egg			
				<b>Meat Game Fish/Shell Fish</b>	Gelatin/Organs • Venison Fish	Lamb/Mutton Boar/Elk/•Game Meat Shell Fish/Mollusks	Pork/Veal Bear • Mussel/Squid	Beef  Lobster
				<b>Fowl</b>	Wild Duck	Goose/Turkey	Chicken	• Pheasant
			Oat 'Grain Coffee' • Quinoa Wild Rice Japonica Rice	<b>Grain Cereal Grass</b>	• Triticale Millet Kasha • Amaranth Brown Rice	Buckwheat Wheat • 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	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	<b>Nut Seed/Sprout Oil</b>	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: <small>Nori/Kombu/Wakame/Hijiki</small> 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 • Salsify/• Ginseng	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	<b>Bean Vegetable Legume Pulse Root</b>	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	Soybean Carob  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	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	<b>Citrus Fruit</b>       <b>Fruit</b>	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.*