

## 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	Herbs (most)		SPICES / HERBS	Curry	Vanilla	Nutmeg	Pudding / Jam / Jelly
Sea Salt			Sulfite	PRESERVATIVES	MSG	Benzoate	Aspartame	Table Salt (NaCl)
Mineral Water, Herb Teas, Lemon Water	Kombucha	Green or mu tea	Ginger Tea	BEVERAGES	Tea, Kona Coffee	Alcohol Black Tea	Coffee	Beer Yeast / Hops / Malt, Soft Drinks
	Soy Sauce	Apple Cider Vinegar	Umeboshi vinegar	VINEGARS	Rice Vinegar	Balsamic Vinegar		White Acid Vinegar
Stevia	Maple Syrup, Rice Syrup		Raw Honey, Raw Sugar	SWEETENERS	Honey/Maple Syrup	Stevia	Saccharin	Sugar / Cocoa
Umeboshi plums		Sake	Algae, blue-green	THERAPEUTICS		Antihistamines	Psychotropics	Antibiotics
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Kiwi, Apples, Pears, Raisins		Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices		Sour Cherries, Rhubarb	Cranberries, Prunes
Lentils Broccoli Seaweed Onion / Miso Daikon / Taro root Sea vegetables Burdock / Lotus root Sweet potato / Yam	Kohlrabi Parsnip / Taro Garlic Asparagus Kale / Parsley Endive / Argula Mustard green Ginger root Broccoli	Potato / Bell pepper Mushroom / Fungi Cauliflower Cabbage Rutabaga Salsify / Ginseng Eggplant Pumpkin Collard green	Brussel sprout Beet Chive / Cilantro Celery Okra / Cucumber Turnip greens Squashes Lettuces Jicama	BEANS VEGETABLES LEGUMES PULSES ROOTS	Spinach Fava beans Kidney beans Black-eyed peas String / Wax Zucchini Chutney Rhubarb	Split pea Pinto beans White beans Tempeh Navy / Red beans Aduki beans Lima or mung beans Chard	Green pea Peanut Snow pea Legumes (other) Carrots Chick-pea / Garbanz	Soy Bean Carob
	Grapefruit Cantaloupe	Lemon	Orange Apricot	CITRUS FRUITS	Coconut Guava	Plum	Craberry	
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Honeydew Citrus Olive Dewberry Loganberry Mango	Avocado Blackberry Cherry Peach Papaya	Banana Blueberry Pineapple juice Raisin, Currant Grape Strawberry	FRUITS	Pickled fruit Dry fruit Figs Persimmon juice Cherimoya Dates	Prune Tomatoes	Pomegranate	
Olive Oil	Flax Seed Oil		Canola Oil	OILS	Corn Oil			
				CEREALS				
				MEATS	Gelatin / Organs	Lamb / Mutton	Pork / Veal	Beef
				GAME	Venison	Boar / Elk	Bear	Pheasant
				FISH / SHELL FISH	Fish	Shell Fish / Mollusks	Mussels / Squid	Lobster
				FOWL	Wild Duck	Goose / Turkey	Chicken	
			Oats 'Grain Coffee' Quinoa Wild Rice Japonica Rice	GRAINS CEREAL GRASS	Triticale Millet Kasha Amaranth Brown Rice	Buckwheat Wheat Spelt / Teff / Kamut / Farina / Semolina White Rice	Maize Barley groats Corn Rye Oat Bran	Barley
Pumpkin Seed Hydrogentated Oil	Poppy seed Cashews Chestnuts Pepper	Primose Oil Sesame Seeds Cod Liver Oil Almonds Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Linseed / Flax oil	NUTS SEEDS / SPROUTS OILS	Pumpkin seed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almond oil Sesame oil Safflower oil Tapioca Seitan or tofu	Pistachio seed Chestnut oil Lard Pecans Palm kernal oil	Cottonseed oilmeal Hazelnuts Walnuts Brazil nuts Fried foods
	Breast Milk		Ghee (clarified butter)	PROCESSED DAIRY	Cream / Butter	Cow Milk	Casein, milk protein, cottage cheese	Processed Cheese
		Almond Milk		NON-DIARY	Rice Milk	Soy Cheese	Soy Milk	
		Human Breast Milk		COW / HUMAN	Yogurt	Aged Cheese	New Cheeses	Ice Cream, Homogenized Milk
		Quail Eggs	Duck Eggs	EGGS	Chicken Eggs			