

# FOOD & CHEMICAL EFFECTS ON ACID/ALKALINE BODY CHEMISTRY BALANCE

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda* Sea Salt Mineral Water	Spices/Cardamon  Kambucha*	Herbs (most)  Green or Mu Tea	<i>Sulfite</i> Ginger Tea	<b>Spices/Herbs Preservatives Beverages</b>	Curry <i>MSG</i> <i>Kona Coffee</i>	Vanilla <i>Benzoate</i> <i>Alcohol</i> Black Tea	Nutmeg <i>Aspartame</i> <i>Coffee</i>	pudding/Jam/Jelly <i>Table Salt (NaCl)</i> <i>Beer</i> Yeast/Hops/Malt
	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar	Sucanat* Umehoshi vinegar*	<b>Sweeteners Vinegars</b>	Honey/Maple Syrup Rice Vinegar	Stevia Balsamic Vinegar	<i>Saccharin</i>	Sugar/Cocoa White/Acetic Vinegar
Umehoshi plums*		Sake	Algae, Blue/Green*	<b>Therapeutics</b>		<i>Antihistamines</i>	<i>Psychotropics</i>	<i>Antibiotics</i>
			Ghee (clarified butter)*	<b>Processed Dairy</b>	Cream/Butter	Cow milk	Casein, milk protein, cottage cheese	<i>Processed Cheese</i>
		Human Breast Milk Almond Milk		<b>Cow/Human Non-Dairy Goat/Sheep</b>	Yogurt Rice Milk Goat/Sheep Cheese	Aged Cheese Soy Cheese Goat Milk	New Cheeses Soy Milk	Ice Cream
		Quail Eggs*	Duck Eggs*	<b>Eggs</b>	Chicken Eggs			
				<b>Meat Game Fish/Shellfish</b>	Gelatin/Organs Venison* Fish	Lamb/Mutton Boar/Elk Shellfish/Mollusks	Pork/Veal Bear Mussels/Squid*	Beef Pheasant Lobster
				<b>Fowl</b>	Wild Duck	Goose/Turkey	Chicken	
			Oats 'Grain Coffee' Quinoa* Wild Rice Japonica Rice	<b>Grains Cereal Grass</b>	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  <i>Hydrogenated oil</i>	Poppy Seed Cashews Chestnuts Pepper	Primrose Oil Sesame Seed Oil Cod Liver Oil Almonds Sprouts*	Avocado Oil Seeds (most) Coconut Oil Olive Oil Linseed/Flax Oil	<b>Nuts Seeds/Sprouts Oils</b>	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 <i>Lard</i> Pecans Palm Kernel Oil	<i>Cottonseed oil/meal*</i> Hazelnuts Walnuts Brazil Nuts <i>Fried Foods</i>
Lentils Broccoli Seaweed*	Kohlrabi Parsnip/Taro Garlic Asparagus	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage	Brussel Sprout Beet Chive/Cilantro Celery	<b>Beans Vegetable</b>	Spinach Fava Beans Kidney Beans Black-Eyes Peas	Split Pea Pinto Beans White Beans Tempeh	Green Pea Peanut Snow Pea	Soybean Carob
Onion/Miso Daikon*/Taro root* Sea Vegetables (other)* Burdock/Lotus Root* Sweet Potato/Yam	Kale/Parsley Endive/Arugula Mustard Green Ginger Root Broccoli	Rutabaga Salsify*/Ginseng* Eggplant Pumpkin Collard Green	Okra/Cucumber Turnip Greens Squashes Lettuces Jicama	<b>Legume Pulses Roots</b>	String/Wax Zucchini Chutney Rhubarb	Navy/Red Beans Adzuki Beans Lima/Mung Beans Chard	Legumes (other) Carrots 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>Fruits</b>	Coconut Guava Pickled Fruit* Dry Fruit Figs Persimmon Juice Cherimoya* Dates	Plum Prune Tomatoes	Cranberry Pomegranate	

\* Therapeutic, gourmet, or exotic items      *Italicized items are NOT recommended*

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Sources including USDA food database (Rev 9 & 10), *Food & Nutrition Encyclopedia*; Nutrition Applied Personally, by M. Walczak; *Acid & Alkaline* by H. Aihara. Food growth, transport, storage, processing, combination & assimilation influence effect intensity. Thanks to Han Liers for his original work.