

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	*Herbs (most), Arnica Bergamot, Echinacea Chrysanthemum Ephedra, Feverfew Goldenseal, Lemongrass	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 Tea or Mu Tea Rice Syrup Apple Cider Vinegar	<i>Sulfite</i> Ginger Tea *Sucanat *Umeboshi Vinegar	Preservative Beverage Sweetener Vinegar	<i>MSG</i> <i>Kona Coffee</i> Honey/Maple Syrup Rice Vinegar	<i>Benzoate</i> <i>Alcohol</i> Black Tea	<i>Aspartame</i> <i>Coffee</i> <i>Saccharin</i>	<i>Table Salt (NaCl)</i> <i>Beer, Soda</i> Yeast/Hops/Malt <i>Sugar/Cocoa</i> White/Acetic Vinegar
*Umeboshi Plum		*Sake	*Algae, Blue-Green	Therapeutic		<i>Antihistamines</i>	<i>Psychotropics</i>	<i>Antibiotics</i>
			Ghee (Clarified Butter)	Processed Dairy	Cream/Butter	Cow Milk Cottage Cheese	*Casein, Milk Protein	<i>Processed Cheese</i>
			Human Breast Milk	Cow/Human Soy Goat/Sheep	Yogurt Goat/Sheep Cheese	Aged Cheese Soy Cheese Goat Milk	New Cheese Soy Milk	Ice Cream
		*Quail Egg	*Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin Organs *Venison Rish	Lamb/Mutton Boar/Elk, *Game Meat Shell Fish/Mollusks	Pork/Veal Bear *Mussel/Squid	Beef Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	*Pheasant
			Oat 'Grain Coffee' *Quinoa Wild Rice Japonica Rice	Grain Cereal Grass	*Triticale Millet Kasha *Amaranth 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 *Sprouts	Avocado Oil Seeds (most) Coconut Oil Olive 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: Nori/Kombu/Wakame/Hiziki Onion/Miso *Diakon & *Taro Root *Sea Veggies (other) *Burdock/*Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugala Mustard Greens Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga *Salsify/*Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprouts Beet Chives/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Pumpkin Lettuce Jicama	Bean Vegetable Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Peas String/Wax Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Adzuki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea Legumes (other) Carrot Chick Pea/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

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