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	*Sulfite* Ginger Tea	**Spices/Herbs** **Preservatives** **Beverages**	Curry *MSG* *Kona Coffee*	Vanilla *Benzoate* *Alcohol* Black Tea	Nutmeg *Aspartame* *Coffee*	Pudding/Jam/Jelly *Table Salt (NaCl)* *Beer* Yeast/Hops/Malt
	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar	Sucanat* Umeboshi vinegar*	**Sweeteners** **Vinegars**	Honey/Maple Syrup Rice Vinegar	Stevia Balsamic Vinegar	*Saccharin*	Sugar/Cocoa White/Acetic Vinegar
Umeboshi plums*		Sake	Algae, Blue/Green*	**Therapeutics**		*Antihistamines*	*Psychotropics*	*Antibiotics*
			Ghee (clarified butter)*	**Processed Dairy**	Cream/Butter	Cow milk	Casein, milk protein, cottage cheese	*Processed Cheese*
		Human Breast Milk Almond Milk		**Cow/Human** **Non-Dairy** **Goat/Sheep**	Yogurt Rice Milk Goat/Sheep Cheese	Aged Cheese Soy Cheese Goat Milk	New Cheeses Soy Milk	Ice Cream
		Quail Eggs*	Duck Eggs*	**Eggs**	Chicken Eggs			
				Meat **Game** **Fish/Shellfish**	Gelatin/Organs Venison* Fish	Lamb/Mutton Boar/Elk Shellfish/Mollusks	Pork/Veal Bear Mussles/Squid*	Beef Pheasant 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 *Hydrogenated oil*	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	**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 Kernel Oil	*Cottonseed oil/meal** Hazelnuts Walnuts Brazil Nuts *Fried Foods*
Lentils Brocoflower Seaweed*	Kohlrabi Parsnip/Taro Garlic Asparagus	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage	Brussel Sprout Beet Chive/Cilantro Celery	**Beans** **Vegetable**	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	**Legume** **Pulses** **Roots**	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 Canteloupe Honeydew Citrus Olive Dewberry* Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	**Fruits**	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, processessing, combination & assimilation influence effect intensity. Thanks to Han Liers for his original work.