

Food Chemical Effects on Acid/Alkaline Body Chemical Balance

	Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline
Minerals & Water	Baking Soda	Spices/Cinnamon Valerian Licorice Black Cohosh	Herbs (most): Arnica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass	White Willow Bark, Slippery Elm, Artemesia Annuua
Beverages	Sea Salt Mineral Water	Kombucha Molasses Soy Sauce	Green or Mu Tea Rice Syrup Apple Cider Vinegar	Sulfite Ginger Tea Sucanat Umeboshi Vinegar
Fermented & Probiotic	Umeboshi Plum	Sake	Algae, Blue-Green Ghee, (Clarified Butter) Human Breast Milk	
Eggs	Quail Egg	Duck Egg		Chicken Egg
Meat, Fish & Poultry			Oat Grain Coffee Quinoa Wild Rice Japonica Rice	
Nuts, Seeds & Oils	Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond Sprout	Avocado Oil Seeds (most) Coconut Oil Olive Oil Linseed/Flax Oil
Vegetables & Legumes	Lettuce Broccoli Seaweed Onion/Miso Daikon/Taro Root Sea Vegetables 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 Rutabaga Salty/Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce
Fruits	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

	Lowest Acid	Low Acid	More Acid	Most Acid
Herbs & Spices	Spice/Herb	Curry Vanilla Stevia	Nutmeg	Pudding/Jam/ Jelly
Beverages	Preservative Beverage Sweetener Vinegar	MSG Kona Coffee Honey/Maple Syrup Rice Vinegar	Benzoate Alcohol Black Tea Balsamic Vinegar	Aspartame Coffee Saccharin White/Acetic Vinegar
Dairy & Alternatives	Therapeutic Processed Dairy Cow/Human Soy Goat/Sheep	Antihistamines Cow Milk Yogurt Aged Cheese Soy Chesse Goat Milk	Psychotropics Casein, Milk Protein Cottage Cheese New Cheese Soy Milk	Antibiotics Processed Cheese Ice Cream
Meat & Poultry	Egg Meat Game Fish/Shell Fish Fowl	Chicken Egg Gallatin/Organs Venison Fish Wild Duck	Lamb/Mutton Boar/Elk/Game Meat Shell Fish/Mollusks Goose/Turkey	Pork/Veal Beef Lobster Pheasant
Grains & Cereals	Grain Cereal Grass	Triticale Millet Kasha Amaranth Brown Rice	Buckwheat Wheat Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Barley Groat Corn Rye Oat Bran
Oils, Nuts & Seed/Sprouts	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 Lard Pecan Palm Kernel Oil
Beans, Legumes & Pulses	Bean Vegetable Legume Pulse Root	Spirulina Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea Legumes (other) Carrot
Fruits	Citrus Fruit Fruit	Coconut Guava Pickled Fruit Dry Fruit Fig Persimmon Juice Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate