

# 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 Cohash Agave	•Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt								
Mineral Water	•Kambucha	•Green or Mu Tea	<i>Suffite</i> Ginger Tea	Preservative Beverage	MSG Kona Coffee	Benzoate Alcohol Black Tea	Aspartame Coffee	<i>Table Salt (NaCl)</i> Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa
	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar	•Sucanat •Umeboshi Vinegar	Sweetener Vinegar	Honey/Maple/Syrup Rice Vinegar	Balsamic Vinegar	Saccharin Red Wine Vinegar	White/Acetic Vinegar
•Umehoshi Plum		•Sake	•Algae, Blue Green (Butter)	Therapeutic Processed Dairy	Cream/Butter	<i>Antihistamines</i> Cow Milk	•Casein, Milk Protein, Cottage Cheese New Cheese Soy Milk	<i>Antibiotics</i> Processed Cheese
		•Quail Egg	•Duck Egg	Egg Meat Game Fish/Shell Fish	Chicken Egg Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk/•Game Meat Mollusks Shell Fish (Whole)	•Pork/Veal Bear •Mussel/Squid	Beef Shell Fish (Processed) •Lobster Pheasant
			Oat 'Grain Coffee' •Quinoa Wild Rice •Amaranth Japonica Rice	Fowl	Wild Duck •Triticale Millet Kasha Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	Chicken Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil •Sprout	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca •Seltan or Tofu	Pistachio Seed Chestnut Oil <i>Lard</i> Pecan Palm Kernel Oil	•Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut <i>Fried Food</i> Soybean Carob
<i>Hydrogenated Oil</i>								
Lentil	Kohlrabi Parsnip/Taro Garlic	Potato/Bell Pepper Mushroom/Fungi	Brussel Sprout Beet Chive/Cilantro	Bean Vegetable	Spinach Fava Bean Kidney Bean	Split Pea Pinto Bean White Bean Navy/Red Bean	Green Pea Peanut Snow Pea	
•Seaweed	Asparagus Kale/Parsley	Cabbage Rutabaga	Celery/Scallion Okra/Cucumber	Legume Pulse Root	Black-eyed Pea String/Max Bean Zucchini Chutney Rhubarb	Aduki Bean Lima or Mung Bean Chard	Legumes (other) Carrot ChickPea/Garbanzo	
•Onion/Miso	Endive/Arugula	•Salsify/Ginseng	Turnip Greens Squash Artichoke Lettuce Jicama					
•Daikon/Taro Root	Mustard Greens	Eggplant Pumpkin						
•Sea Vegetables (other)	Jerusalem Artichoke							
Dandelion Greens	Ginger Root	Collard Greens						
•Burdock/•Lotus Root								
Sweet Potato/Yam	Broccoli							
Lime	Grapefruit Cantaloupe	Lemon Pear	Orange Apricot	Citrus Fruit	Coconut Guava	Plum Prune Tomato	Cranberry Pomegranate	
Nectarine	Honeydew	Avocado	Banana Blueberry					
Persimmon	Citrus	Apple	Pineapple Juice	Fruit	Dry Fruit Fig			
Watermelon	Olive	Blackberry	Raisin, Currant					
Tangerine	•Dewberry	Cherry	Grape					
Pineapple	Loganberry Mango	Peach	Strawberry					

•Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium, Reprints available from Health Studies Collegium, 2 Pigeon Hill Drive, #410 Sterling, VA 20155, 703-788-5128. Sources include USDA food data base (Rev 9 & 10), Food & Nutrition Encyclopedia: Nutrition Applied Personally, by M. Walczak, Acid & Alkaline by H. Ahnara, Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 7/07]

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