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	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
		Nettle Angelica						
Sea Salt			Sulfite	Preservative	MSG	Benzoate	Aspartame	Table Salt (NaCL)
Mineral Water	•Kambucha	•Green or Mu Tea	Ginger Tea	Beverage	Kona Coffee	Alcohol Black Tea	Coffee	Beer, 'Soda' Yeast/Hops/Malt
	Molasses	Rice Syrup	•Sucanat	Sweetner	Honey/MapleSyrup		Saccharin	Sugar/Cocoa
-Umahaahi Dlum	Soy Sauce	Apple Cider Vinegar •Sake	•Umeboshi Vinegar •Algae, Blue Green	Vinegar Therapeutic	Rice Vinegar	Balsamic Vinegar Antihistamines	Red Wine Vinegar Psychotropics	White/Acetic Vinegar Antibiotics
•Umeboshi Plum		*Jake	•Ghee (Clarified	Processed Dairy	Cream/Butter	Cow Milk	•Casein, Milk	Processed Cheese
			Butter)	Troopeda Bany			Protein,Cottage Cheese	77000000 0110000
			Human Breast Milk	Cow/Human	Yogurt	Aged Cheese	New Cheese	Ice Cream
				Soy		Soy Cheese	Soy Milk	
				Goat/Sheep	Goat/Sheep Cheese	Goat Milk		
		•Quail Egg	•Duck Egg	Egg	Chicken Egg	L and Martin	David Official	D. of
				Meat Game	Gelatin/Organs •Venison	Lamb/Mutton Boar/Elk/•Game Meat	Pork/Veal Bear	Beef
				Fish/Shell Fish	Fish	Mollusks	•Mussel/Squid	Shell Fish (Processed
						Shell Fish (Whole)	4	•Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oat		•Triticale	Buckwheat	Maize	Barley
			'Grain Coffee' •Quinoa	Grain Cereal	Millet Kasha	Wheat •Spelt/Teff/Kamut	Barley Groat Corn	Processed Flour
			Wild Rice	Grass	Brown Rice	Farina/Semolina	Rye	
			•Amaranth	Grass	Diowii Nicc	White Rice	Oat Bran	
			Japonica Rice					
	Poppy Seed	Primrose Oil	Avocado Oil	Nut	Pumpkin Seed Oil	Almond Oil	Pistachio Seed	Cottonseed Oil/Meal
Pumpkin Seed	Cashew	Sesame Seed	Seeds (most)	Seed/Sprout	Grape Seed Oil	Sesame Oil	Chestnut Oil	Hazelnut
	Chestnut Pepper	Cod Liver Oil Almond	Coconut Oil Olive/Macadamia Oil	Oil	Sunflower Oil Pine Nut	Safflower Oil Tapioca	Lard Pecan	Walnut Brazil Nut
	reppei	•Sprout	Linseed/Flax Oil		Canola Oil	•Seitan or Tofu	Palm Kernel Oil	Fried Food
Lentil	Kohlrabi	Potato/Bell Pepper	Brussel Sprout		Spinach	Split Pea	Green Pea	Soybean
Brocoflower	Parsnip/Taro	Mushroom/Fungi	Beet	Bean	Fava Bean	Pinto Bean	Peanut	Carob
•Seaweed	Garlic	Cauliflower	Chive/Cilantro	Vegetable	Kidney Bean	White Bean	Snow Pea	
Noril Kombu Wakame Hijiki	Asparagus	Cabbage	Celery/Scallion		Black-eyed Pea	Navy/Red Bean	1	
Onion/Miso •Daikon/Taro Root	Kale/Parsley Endive/Arugula	Rutabaga •Salsify/Ginseng	Okra/Cucumber Turnip Greens	Legume Pulse	String/Wax Bean Zucchini	Aduki Bean Lima or Mung Bean	Legumes (other) Carrot	
•Sea Vegetables (other)	Mustard Greens	Eggplant	Squash	Root	Chutney	Chard	ChickPea/Garbanzo	
Dandelion Greens	Jerusalem Artichoke	Pumpkin	Artichoke		Rhubarb			
•Burdock/•Lotus Root	Ginger Root	Collard Greens	Lettuce					
Sweet Potato/Yam	Broccoli		Jicama					
Lime	Grapefruit	Lemon	Orange	Citrus Fruit	Coconut	Divers	Cumbaum	
Nectarine Persimmon	Canteloupe Honeydew	Pear Avocado	Apricot Banana		Guava •Pickled Fruit	Plum Prune	Cranberry Pomegranate	
Raspberry	Citrus	Apple	Blueberry		Dry Fruit	Tomato	Pollegianate	
Watermelon	Olive	Blackberry	Pineapple Juice	Fruit	Fig			
Tangerine	•Dewberry	Cherry	Raisin, Currant		Persimmon Juice			
Pineapple	Loganberry	Peach	Grape		•Cherimoya			
	Mango	Papaya	Strawberry		Date			

•Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended