

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

<u>Most Alkaline</u>	<u>More Alkaline</u>	<u>Low Alkaline</u>	<u>Lowest Alkaline</u>	<u>Food Category</u>	<u>Lowest Acid</u>	<u>Low Acid</u>	<u>More Acid</u>	<u>Most Acid</u>
• Baking Soda	Spices/Cinnamon Valerian Licorice • Black Cohash	• Herbs (most): Arnica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Fefewef, Goldenseal, Lemongrass	White Willow Bark Slippery Elm Artemesia Annuu	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	• Kambucha Molasses Soy Sauce	• Green 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> Alcohol Black Tea Balsamic Vinegar	<i>Aspartame</i> <i>Coffee</i> <i>Saccharin</i>	<i>Table Salt (NaCl)</i> Beer; 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
• Umeboshi Plum		• Sake	• Algae, Blue-Green • Ghee (Clarified Butter) Human Breast Milk	Therapeutic Processed Dairy Cow/Human Soy Goat/Sheep	Cream/Butter Yogurt Goat/Sheep Cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	<i>Psychotropics</i> • Casein, Milk Protein, Cottage Cheese New Cheese Soy Milk	<i>Antibiotics</i> <i>Processed Cheese</i> Ice Cream
		• Quail Egg	• Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin/Organs • Venison Fish	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 <i>Processed Flour</i>
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	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	• <i>Cottonseed Oil/Meat</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i>
<i>Hydrogenated Oil</i>								
Lentil Broccoli • Seaweed Norikombu/Wakame/Hijiki Onion/Miso • Daikon/• Taro Root • Sea Vegetables (other) • 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 • Salsify/• Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	Bean Vegetable Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney 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 Chick Pea/Garbanzo	Soybean Curob
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. Reprints available from ELISA/ACT Biotechnologies, 14 Pidgeon Hill, #300, Sterling, VA 20165. Sources include USDA food data base (Rev 9 & 10), Food & Nutrition Encyclopedia; Nutrition 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. (Rev 6/0)