

**FOOD AND CHEMICAL EFFECTS ON ACID/ALKALINE BODY CHEMICAL BALANCE**

<b>Most Alkaline</b>	<b>More Alkaline</b>	<b>Low Alkaline</b>	<b>Lowest Alkaline</b>	<b>Food Category</b>	<b>Lowest Acid</b>	<b>Low Acid</b>	<b>More Acid</b>	<b>Most Acid</b>
• Baking soda Sea salt Mineral water	Spices / Cinnamon  • Kambucha  Molasses  Soy Sauce	Herbs (most)  • Green or mu tea  Rice syrup  Apple cider vinegar	<i>Sulfite</i> Ginger tea  • Sucanat  • Umeboshi vinegar	<b>Spices / Herbs</b> <b>Preservatives</b> <b>Beverages</b>  <b>Sweeteners</b>  <b>Vinegars</b>	Curry MSG <i>Kona Coffee</i>  Honey / Maple Syrup Rice vinegar	Vanilla <i>Benzoate</i> <i>Alcohol</i> Black Tea Stevia  Balsamic vinegar	Nutmeg <i>Aspartame</i> <i>Coffee</i>  <i>Saccharin</i>	• Pudding / Jam / Jelly <i>Table salt (NaCl)</i> Beer Yeast / Hops / Malt Sugar / Cocoa  White / Acetic vinegar
• Umeboshi plums		• Sake	• <i>Algae, blue-green</i> • <i>Ghee (clarified butter)</i>	<b>Therapeutics</b> <b>Processed dairy</b>	Cream / Butter	<i>Antihistamines</i> Cow milk	<i>Psychotropics</i> • Casein, milk protein, cottage cheese New cheeses Soy milk	<i>Antibiotics</i> Processed cheese
		Human breast milk Almond milk		<b>Cow/Human Non-dairy Goat / Sheep</b>	Yogurt Rice Milk Goat / Sheep cheese	Aged cheese Soy cheese Goat milk		Ice cream
		• Quail eggs	• Duck eggs	<b>Eggs</b>	Chicken eggs			
				<b>Meat</b> <b>Game</b> <b>Fish / Shell fish</b>	Gelatin / Organs • Venison Fish	Lamb / Mutton Boar / Elk Shell fish / Mollusks	Pork / Veal Bear • Mussels / Squid	Beef Pheasant Lobster
				<b>Fowl</b>	Wild duck	Goose / Turkey	Chicken	
			Oats 'Grain coffee' • Quinoa Wild rice Japonica rice	<b>Grains</b> <b>Cereal</b> <b>Grass</b>	• 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  <i>Hydrogenated oil</i>	Poppy Seed Cashews Chestnuts Pepper	Primrose oil Sesame seed Cod liver oil Almonds • Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Linseed / Flax oil	<b>Nuts</b> <b>Seeds / Sprouts</b> <b>Oils</b>	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 <i>Lard</i> Pecans Palm kernel oil	• <i>Cottonseed oil/meal</i> Hazelnuts Walnuts Brazil nuts <i>Fried foods</i>
Lentils 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 green Ginger root Broccoli Grapefruit Cantaoupe	Potato / Bell pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga • Salsify / Ginseng Eggplant Pumpkin Collard green Lemon Pear	Brussel sprout Beet Chive / Cilantro Celery Okra / Cucumber Turnip greens Squashes Lettuces Jicama Orange Apricot	<b>Beans</b> <b>Vegetables</b> <b>Legumes</b> <b>Pulses</b> <b>Roots</b>  <b>Citrus fruits</b>	Spinach Fava beans Kidney beans Black-eyed peas String / Wax Zucchini Chutney Rhubarb  Coconut Guava	Split pea Pinto beans White beans Tempeh Navy / Red beans Aduki beans Lima or mung beans Chard  Plum	Green pea Peanut Snow pea Legumes (other) Carrots Chick-pea / Garbanz  Cranberry	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Honeydew Citrus Olive • Dewberry Loganberry Mango	Avocado Apple Blackberry Cherry Peach Papaya	Banana Blueberry Pineapple juice Raisin, Currant Grape Strawberry	<b>Fruits</b>	• Pickled fruit Dry fruit Figs Persimmon juice • Cherimoya Dates	Prune Tomatoes	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 Drive, Ste. 300, Sterling, VA 20165. Sources including 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 1/00]