

FOOD AND 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	Herbs (most)		Seasonings	Curry	Vanilla	Nutmeg	Jam/Jelly
Lime Nectarine Persimmon Raspberry Watermelon Tangerine	Grapefruit Cantaloupe Honeydew Mango Dewberry Loganberry	Lemon Pear Apple Avocado Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Raisins, currant Grape Strawberry	Fruit	Guava Dried fruit Fig Date	Plume Prune Tomato	Cranberry Pomegranate	
Lentil Yam Onion Daikon Taro root Sea vegetables Burdock	Kohlrabi Parsnip Garlic Kale Parsley Endive Mustard Greens Ginger root Broccoli Sweet Potato	Potato Bell pepper Mushroom Cauliflower Eggplant Pumpkin Collard greens	Brussels sprouts Beet Chives Okra Turnip greens Squash Lettuce	Vegetables Beans Legumes	Spinach Fava beans Kidney beans String beans Chutney Rhubarb	Tofu Pinto beans White beans Navy beans Aduki beans Lima beans Chard	Green pea Peanut Snow pea Legumes Carrots Chickpea	Soybean Carob
Pumpkin seeds	Poppy seeds	Primrose oil Sesame oil Cod liver oil Almonds Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Flax oil	Nuts Seeds Sprouts Oils	Pumpkin seed oil Grape seed oil Sunflower oil Pine nuts Canola	Almond oil Sesame oil Safflower oil	Pistachio Pecan	Hazelnut Walnut Brazil nut
		Oats Quinoa Wild rice		Grains Cereals	Millet Kasha Triticale Amaranth Brown rice	Buckwheat Wheat Spelt Semolina Teff	Corn Rye Oat bran	Barley
				Fowl	Wild duck	Goose Turkey	Chicken	Pheasant
				Meat Fish Shell fish	Venison Fish	Lamb Elk Shellfish	Pork Veal Mussels/Squid	Beef Lobster
		Quail eggs	Duck eggs	Eggs	Chicken eggs			
				Dairy	Cream Yogurt	Cow/goat milk Aged cheese Soy cheese	Casein Fresh cheese	Processed cheese Ice cream
		Green tea	Ginger tea	Beverages	Kona coffee	Black tea	Coffee	Beer
	Molasses	Rice Syrup	Sucanat	Sweeteners	Honey Maple syrup		Saccharin	Sugar Cocoa
		Apple cider		Vinegar	Rice vinegar	Balsamic vinegar		White vinegar

No salt - No brown or white sugar - No bleached white flour - No white rice - No fried foods - No vegetable milks (soy, rice, almond, etc...) - soy or rice cheese, soy meats

