

Food & Chemical Effects on Acid / Alkaline Body Chemical Balance™

Most Alkaline Baking Soda	More Alkaline Spices/Cinnamon Valerian Licorice •Black Cohash Agave	Low Alkaline •Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	Lowest Alkaline White Willow Bark Slippery Elm Artemesia Annua	Food Category Spice/Herb	Lowest Acid Curry	Low Acid Vanilla Stevia	More Acid Nutmeg	Most Acid Pudding/Jam/Jelly
Sea Salt Mineral Water	•Kombucha Molasses Soy Sauce	•Green or Mu Tea Rice Syrup Apple Cider Vinegar	<i>Sulfite</i> Ginger Tea •Sucanat •Umeboshi Vinegar	Preservative Beverage Sweetner Vinegar	<i>MSG</i> <i>Kona Coffee</i> Honey/Maple Syrup Rice Vinegar	<i>Benzoate</i> <i>Alcohol</i> Black Tea <i>Balsamic Vinegar</i>	<i>Aspartame</i> <i>Coffee</i> <i>Saccharin</i> <i>Red Wine Vinegar</i>	<i>Table Salt (NaCl)</i> Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
•Umeboshi Plum		•Sake	•Algae, Blue Green	Therapeutic		<i>Antihistamines</i>	<i>Psychotropics</i>	<i>Antibiotics</i>
			•Ghee (Clarified Butter) Human Breast Milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream/Butter Yogurt Goat/Sheep Cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	•Casein, Milk Protein, Cottage Cheese New Cheese Soy Milk	<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 Mollusks Shell Fish (Whole)	Pork/Veal Bear •Mussel/Squid	Beef Shell Fish (Processed) •Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oat 'Grain Coffee' •Quinoa Wild Rice •Amaranth Japonica Rice	Grain Cereal Grass	•Triticale Millet Kasha Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	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 •Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia 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 •Seitan or Tofu	Pistachio Seed Chestnut Oil <i>Lard</i> Pecan Palm Kernel Oil	<i>Cottonseed Oil/Meal</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i>
Lentil Broccoli •Seaweed Noril/Kombu/Wakame/Hijiki Onion/Miso •Daikon/Taro Root •Sea Vegetables (other) Dandelion Greens •Burdock/•Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Jerusalem Artichoke 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 Artichoke 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 ChickPea/Garbanzo	Soybean Carob
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 Health Studies Collegium, 44621 Guilford Drive, #150, Ashburn, VA 20147, 800-328-7372. 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 4/09]