

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 Sea Salt Mineral Water	Cinnamon Kombucha Molasses Soy Sauce	Herbs (most) Green Tea Rice Syrup Umeboshi vinegar	Sulfite Ginger Tea Sucanat	Spices/Herbs Preservatives Beverages Sweeteners Vinegars	Curry MSG Kona Coffee Honey, Maple Syrup Rice vinegar	Vanilla Benzoate Alcohol Stevia Balsamic vinegar	Nutmeg Coffee Saccharin	Table Salt Beer Sugar, Cocoa White vinegar
Umeboshi plants		Sake	Algae, Blue-Green	Therapeutics		Antihistamines	Psychotropics	Antibiotics
		Human Breast Milk Almond Milk	Ghee	Processed Dairy Cow/Human Non-Dairy Goat/Sheep	Cream/Butter Yogurt Rice Milk Goat/Sheep Cheese	Cow milk Aged Cheese Soy Cheese Goat Milk	Cottage Cheese New Cheese Soy Milk	Processed Cheese Ice Cream
		Quail Eggs	Duck Eggs	Eggs	Chicken Eggs			
				Meat Game Fish/Shellfish	Gelatin/Organs Venison Fish	Lamb/Mutton Boar/Elk Shellfish/Mollusks	Pork/Veal Bear Mussels/Squid	Beef Pheasant Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	
			Oats Quinoa Wild Rice Japanese Rice	Grains	Millet Kasha Amaranth Brown Rice	Buckwheat Wheat Spelt White Rice	Maize Coen Rye Oat Bran	Barley
Pumpkin Seed Hydrogenated Oil	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	Nuts, Seeds, & Oils	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 Lard Pecans Palm Kernel Oil	Cottonseed Oil/meal Hazelnuts Walnuts Brazil Nuts Fried Foods
Lentils Broccoli Seaweed Onion/Miso Daikon/Taro Root Sea Vegetables Burdock/Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Green Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga Salsify/Ginseng Eggplant Pumpkin Collard Green	Brussel Sprout Beet Chive/Cilantro Celery Okra/Cucumber Turnip Green Squashes Lettuces Jicama	Beans Vegetables Legume Pulses Roots	Spinach Fava Beans Kidney Beans Black-eyed Peas String/Wax Beans Zucchini Chutney Rhubarb	Split Pea Pinto Beans White Beans Tempeh Navy/Red Beans Adzuki Beans Lima or Mung Beans Chard	Green Pea Peanut Snow Pea Legumes (other) Carrots Chick-peas	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	Fruits	Coconut Guava Pickled Fruit Dry Fruit Figs Persimmon Juice Cherimoya Dates	Plum Prune Tomatoes	Cranberry Pomegranate	

Source: Dr. Russel Jaffe, Fellow, Health Studies Collegium based on data from the USDA food data base, *Food & Nutrition Encyclopedia*, *Nutrition Applied Personally* by M. Walczak, and *Acid & Alkaline* by H. Aihara. Food growth, transport, storage, processing, preparation, combination, and assimilation influence effect intensity.