

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 <i>Table salt(NaCl)</i> Mineral water	Spices/Cinnamon Sea salt Kumbacha Molasses Soy sauce	Herbs(most) Green or Mu Tea Rice syrup Apple cider vinegar	<i>Sulfite</i> Ginger tea Sucanat Umeboshi	Spices/Herbs Preservatives Beverages Sweeteners Vinegar	Curry <i>MSG</i> <i>Kona coffee</i> Honey/Maple syrup Rice vinegar	Vanilla <i>Benzoate</i> Black tea/ <i>Alcohol</i> Balsamic Vinegar	Nutmeg <i>Aspartame</i> <i>Coffee</i> <i>Saccharine</i>	Pudding/Jam/Jelly Yeast/Hops/Malt Sugar/Cocoa White/Acetic vinegar
Umeboshi plums		Sake	Algae	Therapeutics		<i>Antihistamines</i>	<i>Psychotropics</i>	<i>Antibiotics</i>
			Ghee Human milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream, cow Yogurt, cow Goat/Sheep cheese	Cow milk Aged cheese Soy cheese Goat milk	Casein 30-day cheeses Soy milk	Processed cheese Ice cream
		Quail eggs	Duck eggs	Eggs Meat Game Fish/Shellfish	Chicken eggs Gelatin/organs Venison Fish	Lamb/Mutton Turkey Shell fish	Pork/Veal Crustacea	Beef/flesh Lobster
				Fowl	Wild Duck	Goose	Chicken	Pheasant
			Oats 'Grain coffee' Quinoa Wild rice	Grains Cereal Grass	Triticale Millet Kasha Amaranth Brown rice	Buckwheat Wheat Spelt/Teff Farina/Semolina White rice	Maize Barley groats Corn Rye Oat bran	Barley
Wakame Pumpkin Burdock/Lotus rt <i>Hydrogenated oil</i>	Poppy seed Chestnuts Pepper/Taro Ginger root	Primrose oil Sesame seed Cod liver oil Almonds/Ginseng Sprouts	Avocado oil Linseed oil Coconut oil Olive oil Seeds (most)	Nuts Seeds/Sprouts Oils Roots	Pumpkin Seed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almond oil Sesame oil Safflower oil Tapioca Seitan	Pistachio seed Chestnut oil <i>Lard</i> Pecans Palm kernel oil	<i>Cottonseed meal</i> Hazelnuts Walnuts Brazil nuts <i>Fried foods</i>
Lentils Yam Nori/Kombu/Wakame Onion Daikon Seaweed/sea veggies Hijiki Sweet potato/Yam	Kohlrabi Parsnip Garlic Kale/Parsley Endive Mustard Green Broccoli	Potato/Bell pepper Mushroom/Fungi Cauliflower Rutabaga Salsify Eggplant Pumpkin Collard green	Brussels sprouts Beet Chive/Cilantro Okra Turnip greens Squashes Lettuces Jicama	Beans Vegetables Legume Pulses	Spinach Fava beans Kidney beans String/ wax beans Chutney Rhubarb	Tofu Pinto beans White beans Navy/red beans Azuki beans Lima beans Chard	Green pea Peanut Snow pea Legumes Carrots Chick pea	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine	Grapefruit Cantaloupe Honeydew Citrus Olive Dewberry Loganberry Mango	Lemon Pear/Avocado Pineapple juice Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Currant Raisin Grape Strawberry	Citrus Fruits Fruits	Guava Pickled fruit Pineapple(dry) Figs Persimmon juice Cherimoya Dates	Plum Prune Tomatoes	Cranberry Pomegranate	

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