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	Spices/Cinnamon Valerian Licorice •Black Cohash Agave	•Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annua	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	•Kambucha	•Green or Mu Tea	*Sulfite* Ginger Tea	Preservative Beverage	*MSG* *Kona Coffee*	*Benzoate* *Alcohol* Black Tea	*Aspartame* *Coffee*	*Table Salt (NaCL)* *Beer, 'Soda'* Yeast/Hops/Malt
	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar	•Sucanat •Umeboshi Vinegar	Sweetner Vinegar	Honey/Maple Syrup Rice Vinegar	Balsamic Vinegar	*Saccharin* Red Wine Vinegar	*Sugar/Cocoa* White/Acetic Vinegar
•Umeboshi Plum		•Sake	•Algae, Blue Green	Therapeutic		*Antihistamines*	*Psychotropics*	*Antibiotics*
			•Ghee (Clarified Butter)	Processed Dairy	Cream/Butter	Cow Milk	•Casein, Milk Protein,Cottage Cheese	*Processed Cheese*
			Human Breast Milk	Cow/Human Soy Goat/Sheep	Yogurt Goat/Sheep Cheese	Aged Cheese Soy Cheese Goat Milk	New Cheese Soy Milk	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 *Lard* Pecan Palm Kernel Oil	*•Cottonseed Oil/Meal* Hazelnut Walnut Brazil Nut *Fried Food*
Lentil Brocoflower •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 Chick Pea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Canteloupe 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, 2 Pidgeon Hill Drive, #410 Sterling, VA 20165, 703-788-5126. 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 7/07]

For general health: 60-70%
For therapeutic care: 90-100%

Average American diet consumes approx. 10-15% alkaline foods

For general health: 30-40%
For therapeutic care: 0-10%

Average American diet consumes approx. 80-90% acid foods