

Food Effects on Acid-Alkaline Body Chemistry

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
baking soda	spices/ cinnamon	herbs (most)	orange	Seasonings	curry	vanilla	nutmeg	Jam/Jelly
lime	grapefruit	lemmon	apricot	Fruit	guava	plum	cranberry	
nectarine	cantaloupe	pear	banana		dried fruit	prune	pomegranate	
persimmon	honeydew	apple	blueberry		fig	tomato		
raspberry	mango	avocado	pineapple		date			
watermelon	dewberry	blackberry	raisin, currant					
tangerine	loganberry	cherry	grape					
		peach	strawberry					
		papaya						
lentil	kohlrabi	potato	Brussels sprouts	Vegetables	spinach	tofu	green pea	soybean
yam	parsnip	bell pepper	beet		fava beans	pinto beans	peanut	carob
onion	garlic	mushroom	chive	Beans	kidney beans	white beans	snow pea	
daikon	kale	cauliflower	okra	Legumes	string beans	navy beans	legumes (other)	
taro root	parsley	eggplant	turnip greens		chutney	aduki beans	carrots	
sea vegetables	endive	pumpkin	squash		rhubarb	lima beans	chickpea	
burdock	mustard greens	collard greens	lettuce			chard		
	ginger root							
	broccoli							
	sweet potato							
	poppy seeds			Nuts / Seeds	pumpkin seed oil	almond oil	pistachio	hazelnut
				Sprouts	grape seed oil	sesame oil	pecan	walnut
				Oils	sunflower oil	safflower oil		brazil nut
					pine nuts			
					canola oil			
				Grains	millet	buckwheat	corn	barley
				Cereals	kasha	wheat	rye	
					triticale	spelt	oat bran	
					amaranth	semolina		
				Fowl	brown rice	teff		
				Meat	wild duck	goose	chicken	pheasant
				Fish	venison	turkey		
				Shellfish	fish	lamb	pork	beef
				Eggs	chicken eggs	elk	veal	lobster
				Dairy	cream	shellfish	musseis/squid	
					yogurt	cow/goat milk	casein	processed cheese
				Beverages	Kona coffee	aged cheese	fresh cheese	ice cream
				Sweeteners	honey	soy cheese	coffe	beer
				Vinegar	maple syrup	black tea	saccharin	sugar
					rice vinegar	basalimic vinegar		cocoa
								white vinegar

70%

30%