

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

70%

30%