

Food Effects on Acid / Alkaline Bio-Chemical Balance

Most Alkaline	Medium Alkaline	Low Alkaline	Food Categories	Low Acid	Medium Acid	Most Acid
baking soda	spices / cinnamon	most herbs	Seasonings	curry	vanilla nutmeg	jam / jelly mustard
cantaloupe honeydew lime nectarine raspberry watermelon tangerine cucumbers	apple avocado cherry grapefruit lemon mango pear peach	orange apricot banana blueberry papaya pineapple grape strawberry	Fruits	dried fruit fig raisin date	plum prune tomato	cranberry pomegranate ketchup
broccoli collard greens daikon radish garlic kale lentil onion parsley sea vegetables	bell pepper cauliflower eggplant kohlrabi parsnip endive mustard greens ginger root sweet potato	Brussels sprouts beet cabbage chive dark lettuce mushroom potato pumpkin squash	Vegetables Beans Legumes	carrots corn on the cob rhubarb kidney beans spinach string beans	chard chickpea green pea lima beans navy beans peanuts pinto beans white beans tofu	carob peanut butter processed soybeans
pumpkin seeds	almonds cod liver oil poppy seeds primrose oil	avocado oil coconut oil flax oil olive oil sesame seeds sprouts	Nuts / Seeds Sprouts Oils	almond oil canola oil grape seed oil green soybeans pine nuts pumpkin seed oil	cashews pecans pistachios sesame oil safflower oil	brazil nut hazelnut walnut all fried foods
		oats quinoa wild rice	Grains Cereals	brown rice buckwheat kasha millet	corn rye oat bran wheat	barley popcorn pasta
			Meat Fish Fowl	fish turkey venison wild duck	Chicken veal Lamb pork pork shellfish	beef lobster
		duck eggs quail eggs	Dairy /Eggs	chicken eggs cream yogurt	cow's milk soy cheese fresh cheese	processed cheese ice cream mayonnaise
	green tea	ginger tea	Beverages	Kona coffee	black tea	coffee soft beer drinks
	molasses	rice syrup	Sweeteners	honey maple syrup	saccharin	sugar corn syrup chocolate artificial sweeteners
	apple cider vinegar		Vinegar	rice vinegar	balsamic vinegar	white vinegar

