

Food Chemical Effects on Acid/Alkaline Body Chemical Balance

<u>Most Acid</u>	<u>More Acid</u>	<u>Low Acid</u>	<u>Lowest Acid</u>	<u>Food Category</u>	<u>Lowest Alkaline</u>	<u>Low Alkaline</u>	<u>More Alkaline</u>	<u>Most Alkaline</u>
Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry	Spice/Herb	White Willow Bark Slippery Elm Artemesia Annuu	~Herbs (most); Amica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Fevefew Goldenseal, Lemongrass	Spices/Cinnamon Valerian Licorice ~Black Cohash	~Baking Soda
<i>Table Salt (NaCl)</i> Beer; 'soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	<i>Aspartame</i> <i>Coffee</i> <i>Saccharin</i>	<i>Benzoate</i> <i>Alcohol</i> Black Tea Balsamic Vinegar	<i>MSG</i> <i>Kona Coffee</i> Honey/Maple Syrup Rice Vinegar	Preservative Beverage Sweetener Vinegar	<i>Sulfite</i> Ginger Tea ~Sucanat ~Umeboshi Vinegar	~Green or Mu Tea Rice Syrup Apple Cider Vinegar	Molasses Soy Sauce	Sea Salt Mineral Water
<i>Antibiotics</i>	<i>Psychotropics</i>	<i>Antihistamines</i>		Therapeutic	~Algae, Blue-green	~Sake		~Umeboshi Plum
<i>Processed Cheese</i> Ice Cream	~Casein, Milk Protein Cottage Cheese New Cheese Soy Milk	Cow Milk Aged Cheese Soy Cheese Goat Milk	Cream/Butter Yogurt Goat/Sheep Cheese	Processed Dairy Cow/Human Soy Goat/Sheep	~Ghee (Clarified Butter) Human Breast Milk			
Beef Lobster	Pork/Veal Bear ~Mussel/Squid	Lamb/Mutton Boar/Elk/~Game Meat Shell Fish/Mollusks	Chicken Egg Gelatin/Organs ~Venison Fish	Egg Meat Game Fish/Shell Fish	Duck Egg	Quail Egg		
~Pheasant Barley <i>Processed Flour</i>	Chicken Maize Barley Groat Corn Rye Oat Bran	Goose/Turkey Buckwheat Wheat ~Spelt/Teff/Kamut Farina/Semolina White Rice	Wild Duck ~Triticale Millet Kasha ~Amaranth Brown Rice	Fowl Grain Cereal Grass	Oat Grain Coffee' ~Quinoa Wild Rice Japonica Rice			
~ <i>Cottonseed Oil/Meal</i> Hazelnut Walnut Brazil Nut <i>Fried Food</i>	Pistachio Seed Chestnut Oil <i>Lard</i> Peanut Palm Kernel Oil	Almond Oil Sesame Oil Safflower Oil Tapioca ~Seitan or Tofu	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Nut Seed/Sprout Oil	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	Primrose Oil Sesame Seed Cod Liver Oil Almond ~Sprout	Poppy Seed Cashew Chestnut Pepper	Pumpkin Seed <i>Hydrogenated Oil</i>
Soybean Carob	Green Pea Peanut Snow Pea Legumes (other) Carrot Chick Pea/Garbanzo	Split Pea Pinto Bean White Bean navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Bean Vegetable Legume Pulse Root	Brussel Sprout Beet Chive/cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Lettuce Jicama	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga ~salsify/~Ginseng Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Ginger Root Broccoli	Lentil Brocoflower ~Seaweed Onion/Miso ~Daikon/~Taro Root ~Sea Vegetables ~Burdock/~Lotus Root Sweet Potato/ Yam
	Cranberry Pomegranate	Plum Prune Tomato	Coconut Guava ~Pickled Fruit Dry Fruit Fig Persimmon Juice ~Cherimoya Date	Citrus Fruit Fruit	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Grapefruit Cantaloupe Honeydew Citrus Olive ~Dewberry Loganberry Mango	Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple

Adapted from preparation by Dr. Russell Jaffe, Fellow, Health Studies Collegium. 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 01/2006]

~Therapeutic, gourmet, or exotic items. *Italicized Items are NOT recommended.*

Natural Health Center PC

8001 Chicago Street ~ Omaha, NE 68114 ~ 402-399-2020 ~ fax 402-399-0707