

Food and 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	Herbs (most)		SPICES/ HERBS	Curry	Vanilla	Nutmeg	Pudding/Jam/ Jelly
Lime Nectarine Persimmon Raspberry Watermelon Tangerine	Citrus, grapefruit Rockmelon Honeydew Mango Loganberry	Lemon Pear, Apple Avocado Blackberry Cherry Peach, Paw Paw	Orange Apricot, Banana Blueberry Pineapple Raisin, Currants Grapes, Strawberry	FRUITS	Guava Dry Fruit Figs Dates Persimmon Juice	Plum Prune Tomatoes	Cranberry Pomegranate	
Lentils Yam Onion Taro Root Sea Vegetables Burdock Sweet Potato	Parsnip Garlic Parsley Endive Mustard Green Ginger Root Broccoli	Potato Capsicum Mushroom Cauliflower Eggplant Pumpkin Collard Greens	Brussel Sprouts Beet Chive Turnip Greens Squash Lettuces	VEGETABLES/ BEANS/ LEGUMES	Spinach Fava Beans Kidney Beans String Beans Chutney Rhubarb	Tofu Pinto Beans White Beans Navy Beans Adzuki Beans Lima Beans	Green Pea Peanut Snow Pea Legumes (other) Carrots Chick-pea	Soybean Carob
Pumpkin Seeds	Poppy Seeds	Primrose Oil Sesame Seed Cod Liver Oil Almonds Sprouts	Avocado Oil Seeds (most) Coconut Oil Olive Oil Linseed Oil	NUTS/SEEDS SPROUTS OILS	Pumpkin seed Oil Grape Seed Oil Sunflower Oil Pine Nuts Canola Oil	Almond Oil Sesame Oil Safflower Oil	Pistachio Pecans	Hazlenuts Walnuts Brazil Nuts
			Oats Quinoa Wild Rice	GRAINS CEREALS	Millet, Kasha Triticale Amaranth Brown Rice	Buckwheat Wheat, Spelt Semolina	Corn Rye Oat Bran	Barley
				FOWL	Wild Duck	Goose/ Turkey	Chicken	Pheasant
				MEAT FISH/SHELLFISH	Venison Fish	Lamb/Mutton Elk, Shell Fish	Casein New Cheeses	Processed Cheese Ice Cream
		Quail Eggs	Duck Eggs	EGGS	Chicken Eggs			
				DAIRY	Cream, Yoghurts	Cow/Goat Milk Aged Cheese Soy Cheese	Casein New Cheeses	Processed Cheese Ice Cream
		Green or Mu Tea	Ginger Tea	BEVERAGES	Kona Coffee	Black Tea	Coffee	Beer
	Molasses	Rice Syrup		SWEETENERS			Saccharin	Sugar, Cocoa
		Apple Cider		VINEGAR	Rice Vinegar	Balsamic Vinegar		White Vinegar

A simple and economical way to improve your pH is to fill a 1-2 L jug with filtered water every morning, squeeze half a lemon into the water and sip over the morning. Repeat in the afternoon.