

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
• Baking soda Sea salt Mineral water	Spices / Cinnamon • Kambucha	Herbs (most) • Green or mu tea	Sulfite Ginger tea	Spices / Herbs Preservatives Beverages	Curry MSG Kona Coffee	Vanilla Benzozate Alcohol Black Tea Stevia	Nutmeg Aspartame Coffee	Pudding / Jam / Jelly Table salt (NaCl) Beer Yeast / Hops / Malt Sugar / Cocoa
• Umeboshi plums	Molasses Soy Sauce	Rice syrup Apple cider vinegar • Sake	• Sucanat • Umeboshi vinegar	Sweeteners Vinegars	Honey / Maple Syrup Rice vinegar	Balsamic vinegar	Saccharin	White / Acetic vinegar
		Human breast milk Almond milk	• Algae, blue-green • Ghee (clarified butter)	Therapeutics Processed dairy	Cream / Butter	Antihistamines Cow milk	Psychotropics • Casain, milk protein, cottage cheese New cheeses Soy milk	Antibiotics Processed cheese Ice cream
		• Quail eggs	• Duck eggs	Cow/Human Non-dairy Goat / Sheep Eggs	Yogurt Rice Milk Goat / Sheep cheese Chicken eggs	Lamb / Mutton Boar / Elk Shell fish / Mollusks Goose / Turkey	Pork / Veal Bear • Mussels / Squid Chicken	Beef Pheasant Lobster
			Oats 'Grain coffee' • Quinoa Wild rice Japonica rice	Meat Game Fish / Shell fish Fowl	Gelatin / Organs • Venison Fish Wild duck	Buckwheat Wheat • Spelt / Tef / Kamut Farnha / Semolina White rice	Maize Barley groats Corn Rye Oat bran	Barley
Pumpkin seed	Poppy Seed Cashews Chestnuts Pepper	Primrose oil Sesame seed Cod liver oil Almonds • Sprouts	Avocado oil Seeds (most) Coconut oil Olive oil Linseed / Flax oil	Nuts Seeds / Sprouts Oils	Pumpkin seed oil Grape seed oil Sunflower oil Pine nuts Canola oil	Almond oil Sesame oil Safflower oil Tapioca • Seitan or tofu	Pistachio seed Chestnut oil Lard Pecans Palm kernel oil	• Cottonseed oil/meal Hazelnuts Walnuts Brazil nuts Fried foods
Hydrogenated oil	Kohlrabi Parsnip / Taro Garlic	Potato / Bell pepper Mushroom/Fungi Cauliflower	Brussel sprout Beet Chive / Cilantro Celery Okra / Cucumber Turnip greens Squashes Lettuces Jicama Orange Apricot	Beans Vegetables Legumes Pulses Roots	Spinach Fava beans Kidney beans Black-eyed peas String / Wax Zucchini Chutney Rhubarb	Split pea Pinto beans White beans Tempeh Navy / Red beans Aduki beans Lima or mung beans Chard	Green pea Peanut Snow pea Legumes (other) Carrots Chick-pea / Garbanz	Soybean Carob
Broccoli • Seaweed: Norikombu/Wakame/Hijiki Onion / Miso Daiikon / Taro root sea vegetables (other) • Burdock / Lotus root Sweet potato / Yam	Grapefruit Cantaloupe Honeydew Citrus Olive • Dewberry Loganberry Mango	Mustard green Ginger root Broccoli Cauliflower Lemon Pear	Citrus fruits	Citrus fruits	Coconut Guava	Plum	Cranberry	
Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple		Avocado Apple Blackberry Cherry Peach Papaya	Banana Blueberry Pineapple juice Raisin, Currant Grape Strawberry	Fruits	• Pickled fruit Dry fruit Figs Persimmon juice • Cherimoya Dates	Prune Tomatoes	Pomegranate	
Therapeutic, gourmet, or exotic items	Italicized items are NOT recommended							