

Food Effects on Alkaline / Acid Body Chemistry

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Lowest Acid	Low Acid	More Acid	Most Acid
<u>SEASONINGS</u>							
Baking Soda Sea / Celtic Salt	Cinnamon Ginger Mustard Chili Pepper	Most Herbs Garlic		Curry	Vanilla	Nutmeg	Jam/Jelly
<u>VINEGARS</u>							
		Apple Cider		Rice	Balsamic		White
<u>BEVERAGES</u>							
Mineral Water Lemon Water		Green Tea Herbal Teas	Ginger Tea	Kona Coffee	Black Tea	Coffee Alcohol	Beer Carbonated Beverages
<u>SWEETNERS</u>							
Stevia	Molasses	Maple Syrup Rice Syrup	Raw Honey			Saccharin	Sugar Nutra Sweet Equal Aspartame Sweet'N Low Cocoa
<u>FRUIT</u>							
Lemons Lime Nectarines Raspberry Watermelon Tangerine	Mango Grapefruit Honeydew Cantaloupe Kiwifruit Apricots	Pear Apple Avocado Blackberry Cherry Peach Papaya	Blueberry Orange Banana Pineapple Raisins/Currants Grapes Strawberry	Guava Dried Fruit Figs Dates	Plum Prune Tomato	Cranberry Pomegranate	
<u>MEAT / FISH / SHELLFISH</u>							
				Venison Fish Wild Duck	Lamb Elk Shellfish Goose Turkey	Pork Veal Chicken Mussels	Beef Pheasant Lobster

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Lowest Acid	Low Acid	More Acid	Most Acid
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VEGETABLES / BEANS / LEGUMES

Asparagus	Kohlrabi	Potato	Brussel Sprouts	Cooked Spinach	Tofu	Green Pea	Soybean
Raw Spinach	Parsnip	Bell Pepper	Beet	Fava Beans	Pinto Beans	Peanut	Carob
Onion	Garlic	Mushroom	Chive	Kidney Beans	White Beans	Snow Pea	
Daikon	Kale	Cauliflower	Cilantro	String Beans	Navy/Red Beans	Legumes (other)	
Taro Root	Parsley	Cabbage	Okra	Zucchini	Aduki Beans	Carrots	
Burdock	Endive	Eggplant	Cucumber	Chutney	Lima/Mung Beans	Chickpea	
Sweet Potato	Arugula	Pumpkin	Turnip Green	Rhubarb	Chard	Garbanzo	
Yam	Mustard Green	Collard Green	Squash				
Lentil	Ginger Root	Watercress	Lettuce				
Seaweed	Broccoli		Jicama				
			Leeks				

GRAINS / CEREALS

			Oats	Millet	Buckwheat	Corn	Barley
			Quinoa	Kasha	Wheat	Rye	Pastries
			Wild Rice	Amaranth	Spelt	Oat Bran	Processed
				Brown Rice	Semolina		Pasta,
					White Rice		Bread, etc.

NUTS / SEEDS / SPROUTS / OILS

Pumpkin Seed	Poppy Seed	Primrose Oil	Avocado Oil	Pumpkin Seed Oil	Almond Oil	Pistachio	Hazelnut
	Cashews	Sesame Seed	Seeds (most)	Grape Seed Oil	Sesame Oil	Pecan	Walnut
	Chestnuts	Cod Liver Oil	Lentils	Sunflower Oil	Safflower Oil	Palm Kernel Oil	Brazil
		Almonds	Olive Oil	Canola Oil			Peanut
		Sprouts	Flax Oil	Pine Nuts			

DAIRY

				Cream	Cow Milk	Cottage Cheese	Processed
				Butter	Goat Milk	New Cheese	Cheese
				Yogurt	Aged Cheese	Soy Cheese	Ice Cream
				Rice Milk	Soy Cheese	Soy Milk	
				Goat Cheese			
				Sheep Cheese			

EGGS

	Quail	Duck		Chicken			
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Note: The following items are Alkaline-forming yet the degree is not designated:
Celery, Chard

The following items are Acid-forming yet the degree is not designated:
Rabbit, Chemical Drugs, Herbicides, Pesticides

Julie Webster & Associates, LLC
Assisting individuals in engaging in the health of their own bodies.
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