

Food Effects on Acid-Alkaline Body Chemistry

The Effects of Common Foods on pH Balance¹

Most Alkaline	Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Acid	Most Acid
Stevia	Maple syrup, Rice syrup	Raw Honey, Raw Sugar (Sucanat)	Sweeteners	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates/Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Fruits	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives	Beans Vegetables Legumes	Cooked Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans, Soybeans	Carob
	Almonds	Chestnuts	Nuts/Seeds	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Olive oil	Canola Oil	Oils	Corn Oil, Flax Oil		
		Amaranth, Millet, Wild Rice, Quinoa	Grains Cereals	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			Meat Fish Shellfish	Venison Cold Water Fish	Turkey, Chicken, Lamb	Pork, Beef Lobster, Shellfish
	Breast Milk	Duck eggs, Goat Milk, Goat Cheese, Whey	Eggs Dairy	Chicken Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Soy Milk	Soy Cheese, Raw Milk	Cheese, Homogenized Milk, Ice Cream
Lemon or Lime Water, Herb Teas	Green Tea	Ginger Tea	Beverages	Tea, Kona Coffee	Coffee	Beer, Soft Drinks
	Apple cider		Vinegar	Rice vinegar	Balsamic vinegar	White vinegar

Eat 80% alkaline-forming foods and 20% acid-forming foods for perfect pH Balance

¹ References: *Acid & Alkaline* by Herman Aihara; *Alkalize or Die* by Theodore A. Baroody, Ph.D., N.D.