

Food & Chemical Effects on Acid/Alkaline Body Chemistry Balance

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ALL foods tend to act as an acid (cation) within the body, with the exception of lemon juice.

Food

Category Most Acid

Least Acid

PRESERVATIVES SPICES/HERBS BEVERAGES SWEETENERS VINEGAR THERAPEUTICS	Pudding/Jam/Jelly Yeast/Hops/Malt Sugar/Cocoa White Vinegar Antibiotics	Aspartame* Nutmeg Coffee Saccharin Psychotropics	Benzoate* Vanilla Black Tea/Alcohol* Balsamic Vinegar Antihistamines	MSG Curry Kona Coffee* Honey/Maple Syrup Rice Vinegar	Sulfites* Ginger Tea Succanat Umeboshi Vinegar Algae	Most Herbs Green or Mu Tea Rice Syrup Apple Cider Vinegar Sake	Sea Salt Spices/Cinnamon Kombucha Molasses Soy Sauce	Table Salt Baking Soda Mineral Water*
DAIRY	Processed Cheese Ice Cream	Casein 30-day Cheeses	Cow Milk Aged Cheese Goat Milk	Cream, Cow Yogurt, Cow Goat/Sheep Cheese	Clarified Butter			
EGGS/MEAT	Beef Pheasant Lobster/Carp	Pork/Veal Chicken Shrimp	Lamb/Mutton Goose Turkey Mollusks (Clams)*	Chicken Eggs Gelatin/Organ Meats Wild Duck Venison/Scaled Fish	Duck Eggs	Quail eggs Guinea Eggs		
GRAINS	Barley	Maise Barley Groats Corn Rye Oat Bran	Buckwheat Wheat Spelt/Teff Farina/Seminola White Rice*	Triticale Millet Kasha Amaranth Brown Rice	Oats Grain "Coffees" Quinoa Wild Rice			
OILS/SEEDS	Cottonseed Meal* Hazlenuts Walnuts Roasted Nuts Fried Foods*	Pistachio Seed Chestnut Oil Lard* Pecans Palm Kernal Oil	Almond Oil Sesame Oil Safflower Oil Tapioca Cashew Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nuts Canola Oil*	Avocado Sesame Seed Coconut Oil Olive Oil Most Seeds	Primrose Oil Most Seeds Cod Liver Oil Almonds/Ginseng Sprouts	Poppy Seed Pumpkin Chestnuts Pepper/Taro Ginger Root	Wakame Almonds Brazil Nuts Burdock/Lotus Root Hydrogenated Oils*
VEGETABLES	Soy Beans Carob Chick Peas	Green Peas Soy Milk Peanuta Snow Peas Most Legumes Carrots Lima Beans	Tofu Soy Cheese Pinto Beans White Beans Navy/Red Beans Azuki Beans Chutney Chard	Spinach Fava Beans Kidney Beans Wax/String Beans Rhubarb	Brussel Sprouts Beet Chive/Cilantro Okra Turnip Greens Squash Lettuce Jicama	Potato/Bell Peppers Mushroom/Fungi Cauliflower Rutabaga Salsify Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip Garlic Kale/Parsley Endive Mustard Greens Celery Broccoli	Lentils Sweet Potato Nori/Kombu Onion Daikon Seaweed Huiki True Yam
FRUITS		Cranberry Pomegranate	Plums Prunes Tomatoes	Guava Pickled Fruit Pineapple (Dry) Figs Persimmon Cherimoya Dates	Orange Apricot Banana Blueberry Currant Raisin Grapes Strawberries	Pear/Avocado Pineapple Juice Apple Blackberry Cherry Peach Papaya	Grapefruit Musk Mellons Honeydew Olives Dew Berry Loganberry Mango	Lime Nectarine Persimmon Raspberry Watermelon Tangerine