

## FOOD & CHEMICAL EFFECTS ON ACID/ALKALINE BODY CHEMISTRY 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/Jello
Table Salt	Sea Salt			Preservatives	MSG	Benzoate	Aspartame	
Mineral Water		Green Tea	Ginger Tea	Beverages			Coffee	Yeast/Hops/Malt
	Molasses	Rice Syrup	Sucanat	Sweeteners	Honey/Maple Syrup		Saccharin	Sugar/Cocoa
	Soy Sauce	Apple/Cider Vinegar	Umeboshi Vinegar	Vinegar	Rice Vinegar	Balsamic Vinegar		White Vinegar
Umeboshi plums		Sake	Algae	Therapeutics		Antihistamines	Psychotropics	Antibiotics
			Ghee	Processed Dairy	Cream, Cow	Cow Milk	30-Day Cheeses	Processed cheese
			Human milk	Cow/Human	Yogurt, Cow	Aged Cheese	Soy Milk	Ice Cream
				Soy		Soy Cheese		
				Goat/Sheep		Goat Milk		
		Quail Eggs	Duck Eggs	Eggs	Chicken Eggs			Egg Yolk
				Meat	Gelatin/Organs	Lamb, Mutton	Pork, Veal	Beef, red meat
				Game	Venison	Turkey, Fowl		
				Fish/Shell Fish	Fish, Haddock	Shell Fish	Herring, Oysters	Lobster, Crab
				Fowl	Wild duck	Goose	Chicken	Pheasant
			Oats, Quinoa	Grains	Millet, Brown Rice	Buckwheat		Barley
			Wild Rice	Cereal	Kasha, Oatmeal	Wheat, Farina		
			Grain Coffee	Grass	Amaranth	Spelt, White Rice		
Wakame	Poppy Seed	Primrose, Sesame,	Avocado Oil	Nuts	Most Nuts	Almond Oil	Pistachio Seed	Hazelnuts
		Cod Liver, Almond,	Linseed Oil	Seeds/Sprouts	Grape Seed Oil	Sesame Oil	Chestnut Oil	Walnuts
Hydrogenated Oil	Chestnuts, Pepper	Ginseng	Coconut Oil	Oils	Sunflower Oil	Safflower Oil	Pecans	Brazil Nuts
Burdock	Ginger Root	Sprouts, Pumpkin,	Olive Oil	Roots	Canola Oil	Tapioca	Palm Kernel Oil	
Nori, Kombu, Hijiki	Parsnip, Garlic	Bell Pepper, Fungi,	Seeds (most)	Beans	Spinach	Tofu	Green Pea	Soybean
Lentils, Onion, Yam	Kale, Parsley	Mushroom, Potato,	Brussels, Lettuces	Vegetables	Kidney Beans	Pinto Beans	Peanut, Chick Pea	Carob
Daikon, Seaweed	Mustard Green	Rutabaga, Eggplant	Beet, Jicama	Legumes	String Beans	White Beans	Snow Pea	
Sweet Potato	Broccoli, Endive	Collard Greens	Turnip Greens	Pulses	Chutney, Rhubarb	Navy, Red, Lima	Legumes, Carrots	
Lime, Tangerine	Grapefruit, Citrus	Lemon	Orange, Apricot	Citrus Fruits				
Figs	Cantaloupe, Mango	Pear, Avocado	Strawberry, Grape		Guava, Dates	Plum, Prune	Cranberry	
Persimmon	Honeydew, Olive,	Pineapple, Apple,	Raisin, Currant		Pickled Fruit	Tomatoes	Pomegranate	
Raspberry	Loganberry	Blackberry, Cherry	Banana, Blueberry	Fruits	Pineapple (Dry)			
Watermelon	Dewberry	Peach, Papaya	Nectarines, Coconut		Persimmon Juice			
			<i>Italicized items NOT recommended</i>					
			KG Stiles, LMT, RBT, CBP <a href="http://www.kgstiles.com">www.kgstiles.com</a>					