

# Best Food Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
		1	2	3	4	5	6
Grains & Legumes	Soy lecithin, pure						X
Grains & Legumes	Soy nuts ( <i>soaked soy beans, then dried</i> )						X
Roots	Summer black radish						X
Vegetables	Alfalfa grass						X
Vegetables	Barley grass						X
Vegetables	Cucumber, fresh						X
Vegetables	Dandelion						X
Vegetables	Dog grass						X
Vegetables	Jicama						X
Vegetables	Kale						X
Vegetables	Kamut grass						X
Vegetables	Shave grass						X
Vegetables	Soy Sprouts						X
Vegetables	Sprouted seeds (all kinds)						X
Vegetables	Straw grass						X
Vegetables	Wheat grass						X
Fruits	Avocado (protein)					X	
Fruits	Tomato					X	
Grains & Legumes	Granulated soy ( <i>cooked, ground</i> )					X	
Grains & Legumes	Lima beans					X	
Grains & Legumes	Soybeans, fresh					X	
Grains & Legumes	white (navy) beans					X	
Misc	Baking soda					X	
Roots	Fresh red beet					X	
Roots	Red radish					X	
Vegetables	Alfalfa					X	
Vegetables	Cabbage lettuce, fresh					X	
Vegetables	Cayenne pepper					X	
Vegetables	Celery					X	
Vegetables	Cilantro					X	
Vegetables	Endive, fresh					X	
Vegetables	French cut ( <i>green</i> ) beans					X	
Vegetables	Garlic					X	
Vegetables	Ginger					X	
Vegetables	Oregano					X	
Vegetables	Sorrel					X	
Vegetables	Spinach ( <i>other than March</i> )					X	
Dairy	Buttermilk				X		
Beverages & Drinks	Tea (herbal, green)				X		
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				X		
Fats & Oils	Borage oil				X		
Fats & Oils	Coconut Oil (raw)				X		
Fats & Oils	Evening Primrose oil				X		
Fats & Oils	Flax seed oil				X		
Fats & Oils	Marine lipids				X		
Fats & Oils	Olive Oil				X		
Fats & Oils	Sesame oil				X		
Fruits	Banana (unripe)				X		
Fruits	Cherry, sour				X		
Fruits	Coconut, fresh				X		
Fruits	Figs (dried)				X		
Fruits	Figs (raw)				X		
Fruits	Fresh lemon				X		
Fruits	Limes				X		
Grains & Legumes	Buckwheat				X		
Grains & Legumes	kamut				X		
Grains & Legumes	Lentils				X		
Grains & Legumes	Soy flour				X		
Grains & Legumes	Spelt				X		
Grains & Legumes	Tofu				X		

# Best Food Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
		1	2	3	4	5	6
Misc	Bee pollen				X		
Misc	Royal Jelly				X		
Nuts	Almond				X		
Nuts	Almond butter (raw)				X		
Nuts	pine nuts (raw)				X		
Roots	Carrot				X		
Roots	Kohlrabi				X		
Roots	Potatoes				X		
Roots	Rutabaga				X		
Roots	Turnip				X		
Roots	White radish (spring)				X		
Roots	Yams				X		
Seeds	Caraway seeds				X		
Seeds	Cumin seeds				X		
Seeds	Fennel seeds				X		
Seeds	Sesame seeds				X		
Vegetables	Artichokes				X		
Vegetables	Asparagus				X		
Vegetables	Aubergine/Egg plant				X		
Vegetables	Basil				X		
Vegetables	Bell peppers/capsicums (all colors)				X		
Vegetables	Bok Choy				X		
Vegetables	Brussels sprouts				X		
Vegetables	Cauliflower				X		
Vegetables	Chives				X		
Vegetables	Comfrey				X		
Vegetables	Ginseng				X		
Vegetables	Green cabbage, (December Harvest)				X		
Vegetables	Green cabbage, (March Harvest)				X		
Vegetables	Horse radish				X		
Vegetables	Lamb's lettuce				X		
Vegetables	Leeks (bulbs)				X		
Vegetables	Lettuce				X		
Vegetables	Mustard greens				X		
Vegetables	Onion				X		
Vegetables	Parsnips				X		
Vegetables	Peas, fresh				X		
Vegetables	Peas, ripe				X		
Vegetables	Peppers				X		
Vegetables	Pumpkins (raw)				X		
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				X		
Vegetables	Sea Vegetables				X		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Spinach (March harvest)				X		
Vegetables	Squash (all kinds, raw)				X		
Vegetables	Thyme				X		
Vegetables	Tomatoes (raw)				X		
Vegetables	Watercress				X		
Vegetables	White cabbage				X		
Vegetables	Zucchini				X		
Breads	Rye bread			X			
Breads	White biscuit			X			
Breads	Whole-grain bread			X			
Breads	Whole-meal bread			X			
Dairy	Cream			X			
Dairy	Homogenized milk			X			
Dairy	Milk (not pasteurized)			X			

# Best Food Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
		1	2	3	4	5	6
Dairy	Yoghurt (unsweetened)			X			
Beverages & Drinks	Coffee substitue drinks			X			
Beverages & Drinks	Fruit juice (natural)			X			
Beverages & Drinks	Water (spring)			X			
Fats & Oils	Butter			X			
Fats & Oils	Cod liver oil			X			
Fats & Oils	Corn oil			X			
Fats & Oils	Margarine			X			
Fats & Oils	Sunflower oil			X			
Fruits	Acai Berry			X			
Fruits	Apples			X			
Fruits	Apricot			X			
Fruits	Apricots			X			
Fruits	Apricots (dried)			X			
Fruits	Black currant			X			
Fruits	Blackberries			X			
Fruits	Blueberry			X			
Fruits	Cantaloupe			X			
Fruits	Cherry, sweet			X			
Fruits	Clementines			X			
Fruits	Cranberry			X			
Fruits	Currant			X			
Fruits	Dates			X			
Fruits	Dates (dried)			X			
Fruits	Fig juice powder			X			
Fruits	Goji berries			X			
Fruits	Gooseberry, ripe			X			
Fruits	Grapefruit			X			
Fruits	Grapes (ripe)			X			
Fruits	Italian plum			X			
Fruits	Mango			X			
Fruits	Nectarine			X			
Fruits	Orange			X			
Fruits	Papaya			X			
Fruits	Peach			X			
Fruits	Pear			X			
Fruits	Red currant			X			
Fruits	Strawberries			X			
Fruits	Strawberry			X			
Fruits	Tangerine			X			
Fruits	Watermelon			X			
Fruits	Yellow plum			X			
Grains & Legumes	Basmati rice			X			
Grains & Legumes	Bulgar wheat			X			
Grains & Legumes	Couscous			X			
Grains & Legumes	Oats			X			
Grains & Legumes	Rye bread			X			
Meat, Poultry & Fish	Liver			X			
Meat, Poultry & Fish	Organ meats			X			
Meat, Poultry & Fish	Oysters			X			
Misc	Apple Cider Vinegar			X			
Misc	Hummus			X			
Misc	POPCORN			X			
Misc	Rice milk			X			
Misc	Soy Protein Powder			X			
Misc	Tempeh			X			
Misc	Whey protein powder			X			
Nuts	Brazil nuts			X			
Nuts	Cashews			X			
Nuts	Filberts			X			

# Best Food Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
		1	2	3	4	5	6
Nuts	Hazelnut			X			
Nuts	Macadamia nuts (raw)			X			
Nuts	Walnuts			X			
Roots	sweet potatoes			X			
Seeds	Barley			X			
Seeds	Flax seeds			X			
Seeds	Pumpkin seeds			X			
Seeds	Sunflower seeds			X			
Sweets & Sweeteners	Agave nectar			X			
Sweets & Sweeteners	Barley malt syrup			X			
Sweets & Sweeteners	Brown rice syrup			X			
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			X			
Sweets & Sweeteners	Dried sugar cane juice			X			
Sweets & Sweeteners	Fructose			X			
Sweets & Sweeteners	Honey			X			
Sweets & Sweeteners	Maple Syrup			X			
Sweets & Sweeteners	Milk sugar			X			
Sweets & Sweeteners	Turbinado sugar			X			
Vegetables	Blue-Green Algae			X			
Vegetables	Cooked vegetables (all kinds)			X			
Vegetables	Yeast			X			
Breads	Corn Tortillas		X				
Breads	Sourdough bread		X				
Breads	White bread		X				
Condiments	Ketchup		X				
Condiments	Mayonnaise		X				
Condiments	Miso		X				
Condiments	Mustard		X				
Condiments	Soy sauce		X				
Dairy	Cheese (all varieties, from all milks)		X				
Dairy	Egg whites		X				
Dairy	Eggs (whole)		X				
Dairy	Milk (pasteurized)		X				
Dairy	Paneer (cheese)		X				
Dairy	Quark		X				
Dairy	Yoghurt (sweetened)		X				
Beverages & Drinks	Soda/Pop		X				
Beverages & Drinks	Water (sparkling)		X				
Beverages & Drinks	Wine		X				
Fruits	Banana (ripe)		X				
Fruits	Mandarin orange		X				
Fruits	Pineapple		X				
Fruits	Pomegranate		X				
Fruits	Raspberry		X				
Fruits	Rose hips		X				
Grains & Legumes	Brown rice		X				
Grains & Legumes	Wheat		X				
Meat, Poultry & Fish	Buffalo		X				
Meat, Poultry & Fish	Chicken		X				
Meat, Poultry & Fish	Duck		X				
Meat, Poultry & Fish	Fresh water fish		X				
Meat, Poultry & Fish	Ocean fish		X				
Misc	Canned foods		X				
Misc	cereals (like Kelloggs etc)		X				
Nuts	Peanut butter (raw, organic)		X				
Nuts	Peanuts		X				
Nuts	Pistachios		X				
Seeds	Wheat Kernel		X				
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		X				
Sweets & Sweeteners	Beet sugar		X				

## Best Food Chart

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
		1	2	3	4	5	6
Sweets & Sweeteners	Chocolates		X				
Sweets & Sweeteners	Halva [ground sesame seed sweet]		X				
Sweets & Sweeteners	Molasses		X				
Sweets & Sweeteners	Sugar (white)		X				
Sweets & Sweeteners	Sugarcane		X				
Sweets & Sweeteners	Xylitol		X				
Vegetables	Canned vegetables		X				
Vegetables	Frozen vegetables		X				
Vegetables	Mushrooms		X				
Vegetables	Sauerkraut		X				
Beverages & Drinks	Beer	X					
Beverages & Drinks	Coffee	X					
Beverages & Drinks	Fruit juice (sweetened)	X					
Beverages & Drinks	Liquor	X					
Beverages & Drinks	Tea (black)	X					
Meat, Poultry & Fish	Beef	X					
Meat, Poultry & Fish	Pork	X					
Meat, Poultry & Fish	sardines (canned)	X					
Meat, Poultry & Fish	Tuna (canned)	X					
Meat, Poultry & Fish	Veal	X					
Sweets & Sweeteners	Artificial sweeteners	X					
Vegetables	Pickled vegetables	X					
Meat, Poultry & Fish	Wild salmon,						
Misc	Microwaved foods						
Vegetables	Tomatoes (puree)						
Vegetables	Tomatoes (sundried)						