

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, "A New Health Era" in which he maintains that all disease is caused by auto-intoxication (or "self-poisoning") due to acid accumulation in the body:

Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Sweet 'N Low, Aspartame, Equal	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Pears, Apples, Raisins	Lemons, Limes, Watermelon, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Asparagus, Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Spinach, Parsley Vegetable Juices, Raw Broccoli, Onions, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS SEEDS	Chestnuts	Almonds	
Refined Oils		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Oats, Rye, Buckwheat	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

From: [http://preventdisease.com/fitness/nutrition/articles/acid\\_alkaline.html](http://preventdisease.com/fitness/nutrition/articles/acid_alkaline.html)