

ACID ASH FOODS

Not all foods listed are recommended but are listed for your information.

Foods are listed according to their ability to decrease the reserve of your body. The higher the number the more depletion of the alkaline reserve and the more harmful it is to you.

Scallops	1/2 cup	-226
Oysters	5	-209
Dried lentils	1/2 cup	-171
Sausage	6 links	-160
Sardines	8	-160
Oatmeal	1 cup	-95
Corned beef	1/4 #	-80
Lobster	1/4 #	-78
Shrimp	1/4 #	-78
Haddock	1/4 #	-78
Soda crackers	8	-52
Codfish	1/4 #	-51
Macaroni/spaghetti	7/8 cup	-50
Peanut butter	3 Tbsp.	-49
Chicken	1/4 #	-43
Peanuts	57	-39
Wheat germ	1 Tbsp.	-38
Brown rice	5/8 cup	-29
Whole wheat flour	5/8 cup	-26
White flour	5/8 cup	-26
Salmon	1 cup	-26
Beef steak	1/4 #	-24
Turkey	1/4 #	-23
Barley	5/8 cup	-21
Veal chops	1	-21
Lamb	1/4 #	-17
White bread	2 slices	-15
Wheat bran	1 Tbsp.	-10
English walnuts	10	-10
Lamp chop	1	-10
Bacon	2 slices	-10
Eggs	2	-9
Whole wheat bread	2 slices	-8
Pork chop	1	-6
Honey	4 Tbsp.	-4
Fresh corn	1/2 cup	-2
Corn syrup		0
Sugar		0
Corn oil		0
Olive oil		0

ALKALINE ASH FOODS

Foods are listed in order of their positive effect in replacing alkaline reserve, i.e., raw spinach at +556 is approximately 100 times more effective than green peas at +5.

Raw spinach*	4 cup	+556
Beet greens	1 cup	+478
Molasses	1 Tbsp.	+360
Celery	5 stalk	+341
Dried figs	5	+297
Carrots	3	+282
Dried beans	1/2 cup	+282
Chard leaves	1 1/2 cup	+214
Water cress	2 1/2 cup	+192
Sauerkraut	2/3 cup	+176
Lettuce	1/2 head	+170
Green limas	2/3 cup	+142
Dried limas	2/3 cup	+123
Rhubarb**	1 cup	+117
Cabbage	1 1/3 cup	+111
Broccoli	1 cup	+101
Beets	2/3 cup	+98
Brussel sprouts	6	+95
Green soy beans	2/3 cup	+85
Cucumber	10 slices	+71
Parsnip	1 large	+67
Radishes	7	+64
Rutabagas	3/4 cup	+62
Dried peas	1/2 cup	+57
Mushrooms	7	+50
Cauliflower	1 cup	+50
Pineapple	1 cup	+44
Avocado	1/2 cup	+44
Raisins	1/2 cup	+42
Dried dates	7	+40
Green beans	1 cup	+39
Muskmelon	1/4	+38
Limes	1/2 cup	+33
Sour cherries	18	+30
Tangerines	2	+29
Strawberries	12	+28
White potato	1	+26
Sweet potato	1	+26
Grapefruit	1/2 cup	+25
Apricot	2	+25
Lemon	1/2 cup	+24
Blackberries	1 cup	+22
Orange	1/2 cup	+22
Tomato	1	+21
Peach	1 large	+21
Raspberries	1 cup	+19
Banana	1 small	+18
Onion	1 small	+14
Grapes	1/2 cup	+10
Pear	1	+10
Blueberries	2/3 cup	+5
Apple	1	+5
Watermelon	1/2 slice	+5
Green peas	3/4 cup	+5

*best eaten raw **not recommended