

ALKALINE & ACID ASH FOODS

Alkaline Ash Foods - Raw Plant Foods

Reduces pathogens, recolonization

No carbonated drinks

Decrease – Juices, Meats, Night Shades, Grains

Dates, Figs	Millet
Honey, Molasses	Buckwheat
Maple Syrup	Almonds, Brazil Nuts
Raisins	Potatoes (baked)
Pumpkin, Squash	White Sugar *
Tomatoes (fresh)	Brown Sugar *
Apples, Grapes	Jams, Jellies *
Currants, Peaches	Macaroni *
Pears, Pineapple	Oily Nuts *
Plums, Melons	White Flour *
Bananas, Cherries	Spaghetti *
Apricots	Cereals (processed) *
Cantaloupe, Watermelon	Candy, Cakes, Pastries *
Lemons, Limes	Peanuts *
Oranges, Grapefruit	Pies, Ice Cream *
Brown Rice	Popcorn

Acid Ash Foods – Meat, Dairy, Oils, Sugar and Starches

Beef	Rice (white)
Pork *	Most Whole Grains
Liver	Cooked Prunes (no sugar)
Lamb	Most Nuts (except Almonds & Brazils)
Veal	Natural Cheese
Ham *	Lentils
Poultry (all)	Cooked Tomatoes (no sugar)
Fish (most all)	Cooked Rhubarb (no sugar)
Shellfish *	Coffee (black only)
Eggs (whole)	Tea (no sugar)
Buttermilk	Soy Beans
Yogurt	Dried Peas
Bran	Dried Beans
Wheat Germ	

Neutral Ash Foods that have an Acidifying Effect

Corn oil	Corn syrup
Refined sugar	Olive Oil

Adapted from Your Health, Your Choice by M. Ted Morter, DC