

ALKALINE & ACID ASH FOODS

Alkaline Ash Foods

Dates, Figs
Honey, Molasses
Maple Syrup
Raisins
Pumpkin, Squash
Tomatoes (fresh)
Apples, Grapes
Currants, Peaches
Pears, Pineapple
Plums, Melons
Bananas, Cherries
Apricots
Cantaloupe, Watermelon
Lemons, Limes
Oranges, Grapefruit
Brown Rice

Millet
Buckwheat
Almonds, Brazil Nuts
Potatoes (baked)
White Sugar *
Brown Sugar *
Jams, Jellies *
Macaroni *
Oily Nuts *
White Flour *
Spaghetti *
Cereals (processed) *
Candy, Cakes, Pastries *
Peanuts *
Pies, Ice Cream *
Popcorn

Acid Ash Foods

Beef
Pork *
Liver
Lamb
Veal
Ham *
Poultry (all)
Fish (most all)
Shellfish *
Eggs (whole)
Buttermilk
Yogurt
Bran
Wheat Germ

Rice (white)
Most Whole Grains
Cooked Prunes (no sugar)
Most Nuts (except Almonds & Brazils)
Natural Cheese
Lentils
Cooked Tomatoes (no sugar)
Cooked Rhubarb (no sugar)
Coffee (black only)
Tea (no sugar)
Soy Beans
Dried Peas
Dried Beans

Bulk Forming Foods (Neutral)

Asparagus, Celery
Collards, Cabbage
Lettuce, Beet Tops
Endive, Broccoli
Green Peas, Beans
Water Cress, Chives
Cucumbers, Mustard
Garlic, Kale
Eggplant, Onion
Radish, Spinach
Green Pepper
Okra, Sorrel
Romaine, Leek
Peppermint
Green Corn

Escarole
Dandelion
Kohlrabi
Artichokes
Parsley
Beets, Carrots
Parsnips, Turnips
Rutabagas
Root Celery
Mushrooms
Avocado
Butter
Olive Oil
Cottage Cheese
Brussels Sprouts

* These foods are NOT RECOMMENDED for use at any time.

Adapted from 3Docs.org