

**ALKALINE ASH FOODS**

These foods are listed in order of their positive affect in ***replacing*** the alkaline reserve of the body. So, for example, you will see that raw spinach (556) is over 100 times more effective then green peas (5).

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| Food Stuff | Rough Amount | Positive Effect | Food Stuff | Rough Amount | Positive Effect |
| Raw Spinach | 4oz | 556 | **Avocado** | ½ medium | 44 |
| Beetroot Greens | 1oz | 478 | **Raisins** | 2.5oz | 42 |
| Molasses | 1 tablespoon | 360 | **Dried Dates** | 7 | 40 |
| Celery | 5 sticks | 341 | **Green Beans** | 5oz | 39 |
| Dried Figs | 5 | 297 | **Muskmelon** | 1.5oz | 38 |
| Carrots | 3 | 282 | **Limes** | 3 | 33 |
| Dried Beans | 4 oz | 282 | **Sour Cherries** | 18 | 30 |
| Chard Leaves | 1.5 oz | 214 | **Tangerines** | 2 | 29 |
| Watercress | 2.5 oz | 192 | **Strawberries** | 12 | 28 |
| Sauerkraut | 1oz | 176 | **White Potato** | 1 | 26 |
| Lettuce | ½ head | 170 | **Grapefruit** | 4oz | 26 |
| Green Lima’s | 6oz | 142 | **Apricot** | 2 | 25 |
| Dried Lima’s | 6oz | 123 | **Lemon** | 2 | 24 |
| Rhubarb | 4oz | 117 | **Blackberries** | 25 | 22 |
| Cabbage | 5.5oz | 111 | **Orange** | 4oz | 22 |
| Broccoli | 6oz | 101 | **Tomato** | 1 | 21 |
| Beetroot | 4oz | 98 | **Peach** | 1 large | 21 |
| Brussel Sprouts | 6 | 95 | **Raspberries** | 5oz | 19 |
| Green Soy Beans | 3oz | 85 | **Bananas** | 1 small | 18 |
| Cucumber | 10 pieces | 71 | **Onion** | 1 small | 14 |
| Parsnip | ½ large | 67 | **Grapes** | 2oz | 10 |
| Radishes | 7 | 64 | **Pear** | 1 | 10 |
| Swede | 7oz | 62 | **Blueberries** | 3oz | 5 |
| Dried Peas | 4oz | 57 | **Apple** | 1 | 5 |
| Mushrooms | 7 | 50 | **Watermelon** | ½ slice | 5 |
| Cauliflower | 8oz | 50 | **Green Peas** | 4oz | 5 |
| Pineapple | 7oz | 44 |  |  |  |



**ACID ASH FOODS**

Not all of the foods listed here are recommended for consumption, but they are listed for your information.

These foods are listed in order of their ability to ***decrease*** the alkaline reserve of the body. The higher the number, the more depletion of the alkaline reserve and the more harmful it is to you.

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| Food Stuff | Rough Amount | Negative Effect | Food Stuff | Rough Amount | Negative Effect |
| Scallops | 4oz | 226 | Beef | ¼ lb | 24 |
| Oysters | 5 | 209 | Turkey | ¼ lb | 23 |
| Dried Lentils | 3.5oz | 171 | Barley | 5oz | 21 |
| Sausage | 2 | 160 | Veal Chops | 1 | 21 |
| Sardines | 8 | 160 | Lamb | ¼ lb | 17 |
| Oatmeal/Porridge | 4oz | 95 | White Bread | 2 slices | 15 |
| Corned Beef | ¼ lb | 80 | Wheat Bran | 1 tablespoon | 10 |
| Lobster | ¼ lb | 78 | Walnuts | 10 | 10 |
| Peanuts | 114 | 78 | Lamb Chops | 1 | 10 |
| Haddock | ¼ lb | 78 | Bacon | 2 slices | 10 |
| Crackers | 8 | 52 | Eggs | 2 | 9 |
| Cod Fish | ¼ lb | 51 | Whole Wheat Bread | 2 slices | 8 |
| Pasta | 6oz | 50 | Pork Chops | 1 | 5 |
| Peanut Butter | 3 teaspoons | 49 | Honey | 4 teaspoons | 4 |
| Chicken | ¼ lb | 43 | Shrimp | ¼ lb | 4 |
| Pike | ¼ lb | 39 | Fresh Corn | 3oz | 2 |
| Wheat Germ | 1 teaspoon | 38 | Sugar |  | 0 |
| Brown Rice | 5oz | 29 | Corn Oil |  | 0 |
| Whole Wheat Flour | 3oz | 26 | Olive Oil |  | 0 |
| White Flour | 2.5oz | 26 | Corn Syrup |  | 0 |
| Salmon | 8oz | 26 |  |  |  |