

Alkaline Ash / Acid Ash Foods Chart

In order to maintain the natural body balance of 80% alkalinity / 20% acidity (the ratio of planet Earth) we must consume at least 80% alkaline-ash producing foods.

Foods are listed in diminishing order of their positive effect (green borders) in replacing alkaline reserves based upon a typical serving, i.e. raw spinach at 556 per 4c is approximately 100 times more effective than green peas at 5 per 3/4c. Negative numbers (red borders) denote a depletion effect upon alkaline reserves.

Raw spinach*	4 cups	+556
Beet greens	1 cup	+478
Molasses	1 tablespoon	+360
Celery	5 stalks	+341
Dried figs	5 each	+297
Carrots	3 each	+282
Sprouted beans (2")	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	1/2 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
Olive oil		0
Corn oil**		0
Sugar**		0
Fresh corn	1/2 cup	-2
Shrimp	1/2 cup	-4
Honey	4 Tablespoons	-4
Pork chops	1	-6
Whole wheat bread**	2 slices	-8
Eggs	2	-9
Bacon	2 slices	-10
Lamb chop	1	-10
English walnuts	10	-10
Wheat bran	1 tablespoon	-10
White bread**	2 slices	-15
Lamb	1/4 pound	-17
Veal chops	1	-21
Barley	5/8 cup	-21
Turkey	1/4 pound	-23
Beef steak	1/4 pound	-24
Salmon	1 cup	-26
White flour**	5/8 cup	-26
Whole wheat flour**	5/8 cup	-26
Brown rice	5/8 cup	-29
Wheat germ	1 tablespoon	-38
Pike	1/4 pound	-39
Chicken	1/4 pound	-43
Peanut butter	3 tablespoons	-49
Macaroni**, spaghetti**	7/8 cup	-50
Codfish	1/4 pound	-51
Soda crackers	8	-52
Haddock	1/4 pound	-78
Peanuts	114	-78
Lobster	1/4 pound	-78
Corned beef	1/4 pound	-80
Oatmeal	1 cup	-95
Sardines	8	-160
Sausage	6 links	-160
Dried lentils	1/2 cup	-171
Oysters	5	-209
Scallops	1/4 cup	-226

* Best eaten raw

** Not recommended for human consumption

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