

## ACID - ALKALINE - ASH CHART

Eat less than 20% of your diet from this column.

**Column 1**  
**Protein Foods**  
**Acid Ash Positive**

**Most Recommended**

Fish (eat all you want even if over 20% of total diet)

**Acceptable during Program**

Beans (dried)  
Beef  
Coffee (Black - maximum two cups per day)  
Eggs (whole)  
Lamb  
Lentils  
Liver  
Most Nuts (except almonds and brazils. See column 2)  
Peas (dried)  
Poultry  
Prunes (cooked)  
Rhubarb (cooked)  
Rice (white)  
Soy Beans  
Tea (black)  
Veal  
Wheat Germ  
Whole Grains (most)

**Not Recommended during program**

Buttermilk  
Cheese (natural)  
Pork  
Seafood (shellfish)  
Yogurt  
Dairy  
Peanuts  
Alcoholic Drinks  
Fermented Foods

Eat 80% or more of your diet from both columns 2 and 3 combined

**Column 2**  
**Starch Foods**  
**Alkaline Ash Negative**

**Most Recommended**

Almonds  
Brown Rice  
Millet - Buckwheat

**Acceptable during Program**

Apples  
Apricots  
Berries  
Brazil Nuts  
Cherries  
Peaches/Pears/Plums  
Popcorn  
Potatoes (baked)  
Pumpkin - Squash  
Tomatoes (fresh)

**Not Recommended during program**

Bananas *Dried Fruit*  
Cantaloupe  
Currants  
Dates and Figs  
Flour (white)  
Grapes  
Honey  
Maple Syrup  
Melons  
Molasses  
Pasta (i.e., macaroni, spaghetti)  
Pineapple  
Raisins  
Soups (thick)  
Tropical fruit

**Not Recommended at any time**

Cakes *Flour + Products*  
Candy  
Cereal (processed)  
Flour gravy *Pasteurized Juice*  
Ice cream  
Jams and Jellies  
Oily nuts & Peanuts  
Pies and Pastries  
Sugar (white or brown)

**Column 3**  
**Bulk Forming Foods**  
**Neutral Ash**

**Most Recommended**

Chives  
Garlic  
Onions

**Acceptable during Program**

Arugula  
Artichokes  
Asparagus  
Avocado  
Beets or Beet Tops  
Broccoli  
Brussel Sprouts  
Butter  
Cabbage  
Carrots  
Celery  
Collard  
Corn  
Cucumbers  
Dandelion  
Eggplant  
Endive  
Escarole  
Green Beans/Green Peas  
Green Peppers/Red Peppers  
Kale  
Kohlrabi  
Lettuce  
Mustard Greens  
Okra  
Olive Oil  
Parsley  
Parsnips  
Peppermint  
Radicchio  
Radishes  
Rutabagas  
Sorrel  
Spinach  
Turnips  
Water Cress

**Not Recommended during program**

Cottage cheese  
Mushrooms