

## ACID ASH FOODS

Not all foods listed are recommended but are listed for your information.

Foods are listed according to their ability to decrease the alkaline reserve of your body. The higher the number the more depletion of the alkaline reserve and the more harmful it is to your body.

Scallops	1/2C	-226
Oysters	5	-209
Dried lentils	1/2C	-171
Sausage	6 links	-160
Sardines	8	-160
Oatmeal	1 C	-95
Corned beef	1/4 #	-80
Lobster	1/4 #	-78
Peanuts	114	-78
Haddock	1/4 #	-78
Soda crackers	8	-52
Codfish	1/4 #	-51
Macaroni, spaghetti	7/8C	-50
Peanut butter	3T	-49
Chicken	1/4 #	-43
Pike	1/4 #	-39
Wheat germ	1T	-38
Brown rice	5/8C	-29
Whole wheat flour	5/8C	-26
White flour	5/8C	-26
Salmon	1 C	-26
Beef steak	1/4 #	-24
Turkey	1/4 #	-23
Barley	5/8C	-21
Veal chops	1	-21
Lamb	1/4 #	-17
White bread	2 sl	-15
Wheat bran	1T	-10
English walnuts	10	-10
Lamb chop	1	-10
Bacon	2 sl	-10
Eggs	2	-9
Whole wheat bread	2 sl	-8
Pork chop	1	-6
Honey	4T	-4
Shrimp	1/4 #	-4
Fresh corn	1/2C	-2
Sugar		0
Corn oil		0
Olive oil		0
Corn syrup		0