

ALKALINE ASH FOODS

Foods are listed in order of their positive effect in replacing alkaline reserve, i.e., raw spinach at +556 is approximately 100 times more effective than green peas at +5.

Raw spinach*	4 C	+556
Beet greens	1 C	+478
Molasses	1T	+360
Celery	5 st	+341
Dried figs	5	+297
Carrots	3	+282
Dried beans	1/2C	+282
Chard leaves	1-1/2C	+214
Water cress	2-1/2C	+192
Sauerkraut	2/3C	+176
Lettuce	1/2 head	+170
Green limas	2/3C	+142
Dried limas	2/3C	+123
Rhubarb**	1 C	+117
Cabbage	1-1/3C	+111
Broccoli	1 C	+101
Beets	2/3C	+98
Brussel sprouts	6	+95
Green soy beans	2/3C	+85
Cucumber	10 sl	+71
Parsnip	1/2 lg	+67
Radishes	7	+64
Rutabagas	3/4C	+62
Dried peas	1/2C	+57
Mushrooms	7	+50
Cauliflower	1 C	+50
Pineapple	1 C	+44
Avocado	1/2C	+44
Raisins	1/2C	+42
Dried dates	7	+40
Green beans	1 C	+39
Muskmelon	1/4	+38
Limes	1/2C	+33
Sour cherries	18	+30
Tangerines	2	+29
Strawberries	12	+28
White potato	1	+26
Sweet potato	1	+26
Grapefruit	1/2C	+25
Apricot	2	+25
Lemon	1/2C	+24
Blackberries	1 C	+22
Orange	1/2C	+22
Tomato	1	+21
Peach	1 lg	+21
Raspberries	1 C	+19
Banana	1 sm	+18
Onion	1 sm	+14
Grapes	1/2C	+10
Pear	1	+10
Blueberries	2/3C	+5
Apple	1	+5
Watermelon	1/2 sl	+5
Green peas	3/4C	+5

*Best eaten raw **Not recommended