

Acid-Producing Foods

For general health: 30%-40% suggested. For therapeutic care: 0%-10%.

Average American diet consumes approximately 80%-90% acid foods.

artificial sweeteners	maple syrup, processed & unprocessed
bananas, green	mayonnaise, store purchased
barley	milk, homogenized & most processed dairy products
barley malt syrup	milk, homogenized goat
beef (all)	molasses, unsulphered, organic
beer	mustard
blueberries	nutmeg
bran: oat, wheat	nuts: brazil, pecans, macadamias, pistachios, walnuts
	peanuts
bread: refined – corn, oats, rice, rye	oats, oatmeal
buckwheat	olive oil
butter, salted	olives, pickled
carbonated drinks	pasta, white & whole grain
cashews	pastries, all
cereals, unrefined & refined	peanut butter
cheeses: mild & crumbly, sharp & tasty	peanuts
chicken	peas, dried
chocolate	pickles, commercial
cigarette tobacco	plums
cigarettes	popcorn, with butter & plain
coconut, dried	pork, bacon
coffee	potatoes with no skin
corn, corn syrup	prunes
cornmeal	rabbit
crackers: rice, wheat, unrefined rye, soda	rice: basmati, brown & white
cranberries	rye grain
cream of wheat, unrefined	rye bread, organic & sprouted
currants	salt: refined & iodized
custard with white sugar	seeds: pumpkin, sunflower

deer	semolina flour
dried beans, mung, adzuki, pinto, kidney, garbanzo	shellfish
drugs	sodas
eggs: whites, whole, hard cooked	soy sauce, commercial
fish	spelt
flour: white, wheat, whole wheat	squash, winter
fructose	sugar, brown & white
fruit juices with sugar	sunflower seeds
goat	tapioca
honey, pasteurized	tea, black
jams	turkey
jellies	veal
ketchup	vinegar, white & processed
lamb	walnuts
lentils	wheat bread, sprouted organic
liquor	wheat germ
	wine
	yogurt, sweetened