

# Alkaline Ash / Acid Ash Foods

Common foods are listed below in order of their positive effect 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 denote a depleting effect upon alkaline reserves.

Raw spinach	4 cups	+556	Blueberries	2/3 cup	+5
Beet greens	1 cup	+478	Apple	1	+5
Molasses	1 tablespoon	+360	Watermelon	1/2 slice	+5
Celery	5 stalks	+341	Green peas	3/4 cup	+5
Dried figs	5 each	+297	Coconut oil		0
Carrots	3 each	+282	Olive oil		0
Dried beans	1/2 cup	+282	Soy, Corn oil*		
Chard leaves	1-1/2 cup	+214	<b>"Canola" oil**</b>		0
Water cress	2-1/2 cup	+192	Sugar*		0
Sauerkraut	2/3 cup	+176	Fresh corn	1/2 cup	-2
Lettuce	1/2 head	+170	Shrimp	1/2 cup	-4
Green limas	2/3 cup	+142	Honey	4 Tablespoons	-4
Dried limas	2/3 cup	+123	Pork chops	1	-6
Rhubarb*	1 cup	+117	Whole wheat bread	2 slices	-8
Cabbage	1-1/3 cup	+111	Eggs	2	-9
Broccoli	1 cup	+101	Bacon	2 slices	-10
Beets	2/3 cup	+98	Lamb chop	1	-10
Brussels sprouts	6	+95	English walnuts	10	-10
Green soy beans	2/3 cup	+85	Wheat bran	1 tablespoon	-10
Cucumber	10 slices	+71	White bread	2 spices	-15
Parsnip	1/2 large	+67	Lamb	1/4 pound	-17
Radishes	7	+64	Veal chops	1	-21
Rutabagas	3/4 cup	+62	Barley	5/8 cup	-21
Dried peas	1/2 cup	+57	Turkey	1/4 pound	-23
Mushrooms	7	+50	Beef steak	1/4 pound	-24
Cauliflower	1 cup	+50	Salmon	1 cup	-26
Pineapple	1 cup	+44	White flour	5/8 cup	-26
Avocado	1/2 cup	+44	Whole wheat flour	5/8 cup	-26
Raisins	1/2 cup	+42	Brown rice	5/8 cup	-29
Dried dates	7	+40	Wheat germ	1 tablespoon	-38
Green beans	1 cup	+39	Pike	1/4 pound	-39
Muskmelon	1/4	+38	Chicken	1/4 pound	-43
Limes	1/2 cup	+33	Peanut butter	3 tablespoons	-49
Sour cherries	18	+30	Macaroni, spaghetti	7/8 cup	-50
Tangerines	2	+29	Codfish	1/4 pound	-51
Strawberries	12	+28	Soda crackers	8	-52
White potato	1	+26	Haddock	1/4 pound	-78
Sweet potato	1	+26	Peanuts	114	-78
Grapefruit	1/2 cup	+25	Lobster	1/4 pound	-78
Apricot	2	+25	Corned beef	1/4 pound	-80
Lemon	1/2 cup	+24	Oatmeal	1 cup	-95
Blackberries	1 cup	+22	Sardines	8	-160
Orange	1/2 cup	+22	Sausage	6 links	-160
Tomato	1	+21	Dried lentils	1/2 cup	-171
Peach	1 large	+21	Oysters	5	-209
Raspberries	1 cup	+19	Scallops	1/4 cup	-226
Banana	1 small	+18			
Onion	1 small	+14			
Grapes	1/2 cup	+10			
Pear	1	+10			

\* Not recommended

\*\* Recommended **against** consuming. See other research findingsP.