

## Acid Ash Foods

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 you.

Scallops	1/2 cup	-226	Barley	5/8 cup	-21
Oysters	5	-209	Veal Chops	1	-21
Dried Lentils	1/2 cup	-171	Lamb	1/4 lb.	-17
Sausage	6 links	-160	White Bread	2 sl.	-15
Sardines	8	-160	Wheat Bran	1 T	-10
Oatmeal	1 cup	-95	English Walnuts	10	-10
Corned Beef	1/4 lb.	-80	Lamb Chop	1	-10
Lobster	1/4 lb.	-78	Bacon	2 sl	-10
Peanuts	114	78	Eggs	2	-9
Haddock	1/4 lb.	-78	Whole Wheat Bread	2 sl	-8
Soda Crackers	8	-52	Pork Chop	1	-6
Codfish	1/4 lb.	-51	Honey	4T	-4
Macaroni, Spaghetti	7/8 cup	-50	Shrimp	1/4 lb.	-4
Peanut Butter	3T	-49	Fresh Corn	1/2 cup	-2
Chicken	1/4 lb.	-43	Sugar		0
Pike	1/4 lb.	-39	Corn Oil		0
Wheat Germ	1 T	-38	Olive Oil		0
Brown Rice	5/8 cup	-29	Corn Synip		0
Whole Wheat Flour	5/8 cup	-26			
White Flour	5/8 cup	-26			
Salmon	1 cup	-26			
Beef Steak	1/4 lb.	-24			
Turkey	1/4 lb.	-23			