

## ACID-FORMING FOODS RANK

Alcohol (<12%)	3	Melons	1
Apples	1	Milk (skim)	0
Apricots	1	Mustard (regular)	1
Beets	1	Mustard (low/no salt)	2
Berries	1	Mustard greens	3
Bread	1	Nectarubes	1
Broccoli	3	Nuts	U
Brussel sprouts	3	Okra	1
Buttermilk	0	Onions	4
Cabbage	2	Oranges	4
Catsup (regular)	1	Pasta	U
Catsup (low/no salt)	2	Peaches	1
Cereal (sugar-free, non-granola)	1	Pears	1
Cereal (hot, creamed)	2	Peppers	3
Cheese (fermented)	U	Pepper, ground	2
Cherries	1	Pineapple	2
Cod Liver Oil	U	Plums	1
Coffee (decaf)	0	Potatoes (boiled/baked)	2
Coffee (regular)	4	Rice cake	0
Collard Greens	1	Rice, white	1
Cottage Cheese (1%)	0	Salmon oil	U
Cranberries	U	Sardines	U
Cucumbers	2	Sauerkraut	U
Eggplant (baked)	2	Sesame oil	U
Eggs - fried	U	Sherbet, fruit (low-fat)	3
Fish oils	U	Soft drinks (decaf, sugared)	1
Fried food	U	Soft drinks (sugar-free, not decaf)	2
Grains	1	Sugar	3
Grapefruit	3	Summer squash	2
Grapes	2	Sweet peppers	3
Honey	3	Tangeloes	3
Horseradish (regular)	1	Tangerines	3
Horseradish (low/no salt)	2	Tea (decaf)	0
Hot peppers	3	Tea (herbal)	0
Juice, citrus	3	Tea (regular)	2
Juice, non-citrus	1	Tomato sauce	2
Kale	1	Tomatoes	2
Leeks	4	Turnips	1
Lemons	4	Vinegar	2
Lettuce	1	Wheat	1
Limes	4	Winter squash (baked)	1
Maple syrup	3	Yams (baked)	1
Mayonnaise	U	Zucchini	2

## Acid Vit-Min-Elements

Barium  
Calcium  
Cobalt  
Copper  
Lead  
Magnesium  
Manganese  
Selenium  
Silicon  
Silver  
Strontium  
Sulfur  
Vitamins A-B6-B12-D

## Acid Miscellaneous

Acetophenetidine  
Aminopyrine  
Antipyrine  
Aspirin  
Atropine  
Aureomycin  
Butanol  
Caffeine  
Chloroform  
Citric acid  
Digitalis  
Fatty Acids  
Glycerine  
Heptanol  
Hydroperoxide  
Insaponifiable fractions  
Lactic acid  
Liver Extract  
Malic acid  
Ortho-phosphoric acid  
Penicillin  
Procaine  
Quinine  
Streptomycin  
Sulfamerazine  
Sulfathiazole

## Acid Hormones

Epinephrine  
Progesterone  
Testosterone

## Acid Symptoms

Allergies - Asthma  
Bleeding  
Burns  
Cancer  
Chemotherapy  
Cuts  
Diarrhea  
Fever  
Fluid retention  
Gall Bladder colic  
Hair loss  
Heartbeat (high)  
Heart condition  
Herpes  
High altitude sickness  
Inflammation  
Insomnia  
High blood pressure  
Malnutrition  
Migraines  
Multiple Sclerosis  
Osteoarthritis  
Pain after eating / late p.m. - evening  
Psoriasis  
Recessed eyes  
Rheumatoid arthritis  
Schizophrenia  
Shock  
Stress (physical or emotional)  
Temperature (high)  
Trauma (injury/surgery)  
Ulcers