

EXPLANATION

Acid-Alkaline Food Chart

This complete chart is the key to rational, scientific diet. You need not study food chemistry or worry about what you eat if you follow these instructions and the chart.

Science has divided foods, like chemicals, into two classes: alkaline-forming, or practically safe foods, and acid-forming, or somewhat dangerous ones. If you eat over 80% alkaline ones, mainly fruits and vegetables (rich in organic mineral salts and vitamins), thus preserving the normal alkalinity of the blood, you need not think about diets. This is the key to all balancing of foods for you. Remember always to eat plenty of these health-promoting items, especially when you do eat acid-formers, as meat, cheese, nuts, grains, etc. Because these items are acid-forming is no reason to exclude them entirely – but use them judiciously and in correct balance, so they will yield the greatest good.

Gland tone means perfect health. Glands feed mainly upon body secretions, and the healthy body must have living mineral and alkaline elements in the main. Fruits should predominate at breakfast. For lunch, fruit or vegetables with a possible alkaline dairy product. At dinner, vegetables, especially salads. Use cereal products sparingly; proteins, fats, sweets, moderately. Have only wholegrain goods.

Fruits are not really laxative; they merely help produce digestive juices which promote good elimination, while their high water content keeps the bowels moist and soft, really a normal condition. Protein, starch, sugar and fats leave acid reactions. Thus an alkaline diet diminishes acidity of the urine by neutralizing and absorbing normal body acids. It also forms a reserve of bicarbonates, which help to maintain neutrality; you are aiding your body to overcome the bad effects of acid foods you do eat. The only other food knowledge you need is harmonious combination, which is available in any modern health work.

The average person can be safe on an 80-20 proportion. Watch yourself. Plan your meals to follow this valuable acid-alkaline chart, the most complete, simple and up-to-date in existence. However, don't make a fetish of this, but observe it in a rational manner. Even if you do eat an all-acid meal, make your next two or three all-alkaline, and don't worry about it!

Lastly, to maintain a perfect condition, observe general health rules. Rest and sleep are alkalizers. So is exercise, fresh air, pleasure, laughter, conversation, enjoyment – even love! Acidifiers are worry, fear, anger, gossip, hatred, envy, “crabbing”, and selfishness.

Acid - Alkaline Food Chart

ALKALINE FRUITS
(All capitals indicates slightly acid)
Apples and Cider
Apricots
Avocados
Bananas (speckled only)
Berries (all)
Breadfruit
Cactus
Cantaloupe
Carob (pod only)
Cherimoyas
CRANBERRIES
Cherries
Citron
Currants
Dates
Figs
Grapes
Grapefruit
Guavas
Kumquats
Lemons (ripe)
Limes
Loquats
Mangoes
Melons (all)
Nectarines
Olives (sundried)
Oranges
Papayas
Passion Fruit
Peaches
Pears
Persimmons
Pineapple (fresh, if ripe)
PLUMS
Pomegranates
Pomelos
PRUNES & JUICE
Quince
Raisins
Sapotes
Tamarind
Tangerines
Tomatoes

ACID FRUITS
All preserved or jellied canned; sugared dried, sulphured

ALKALINE VEGETABLES
VEGE-BROTH
Artichokes
Asparagus (ripe)
Bamboo Shoots
Beans, green, lima, string sprouts
Beets & tops
Broccoli
Cabbage (red & white)
Carrots
Celery (entire)
Cauliflower
Chard
Chayote's
Chicory
Chives
Collards
Cowslip
Cucumber
Dandelion Greens
Dill
Dock (green)
Dulse (sea lettuce)
Eggplant
Endive
Escarole
Garlic
Horseradish (fresh)
Jerusalem Artichoke
Kale
Kohlrabi
Leek
Legumes (except peanuts & lentils)
Lettuce and Romaine
MUSHROOMS (most varieties)
Okra
Onions
Oyster Plant
Parsley
Parsnips
Peppers (red or green)
Potatoes (all varieties)
Pumpkin
Radish
Rhubarb
Rutabaga
Salsify
Sorrel
SOY BEANS
Soy Bean Extract

ACID VEGETABLES
Artichokes
Asparagus tips (white)
Beans (all dried)
Brussel Sprouts
Garbanzos
Corn (green - 1st 24 hours)
Lentils

ALKALINE DAIRY
Acidophilus
Buttermilk
Koumiss
Milk (raw - human, cow, goat)
Whey
Yogurt

ACID DAIRY
Butter
Cheese (all)
Cottage Cheese
Cream
Custards
Ice Cream
Milk (boiled, cooked, pasteurized, malted, dried, canned)

ALKALINE FLESH FOODS
None (blood and bone only are alkaline forming)

ACID FLESH FOODS
All meat:
Beef
Fish
Fowl
Gelatin
Gravies
Shellfish

ALKALINE CEREALS
Corn (green - 1st 24 hours)
ACID CEREALS
All flour products
Buckwheat
Barley
Breads (all kinds)
Cakes
Corn (cornmeal, corn flakes, starch & hominy)
Crackers (all)
Doughnuts

ALKALINE MISCELLANEOUS
Agar
Alfalfa products
Coffee Substitutes
Ginger (dried, unsweetened)
Honey
Kelp
Teas (all - unsweetened)
Yeast cakes

ACID MISCELLANEOUS
All alcoholic beverages
Candy & confectionary
Cocoa & chocolate
Coca-Cola
Coffee
Condiments (curry, pepper, salt, spices, etc.)
Dressings & thick sauces
Drugs & aspirin
Eggs (especially whites)
Ginger (preserved)
Jams & jellies
Flavorings
Marmalades
Mayonnaise
Preservatives (Benzoate, Sulphur, Vinegar, Salt, Brine, Smoke)
Sago
Soda water
Tapioca (starch)
Tobacco
Vinegar
Lack of Sleep
Overwork
Worry

ALKALINE NUTS
Almonds
Chestnuts (roasted)
Coconut (fresh)

ACID NUTS
All nuts (more so if roasted)
Coconut (dried)
Peanuts

NEUTRAL
Sugar (refined)
Oils (olive, corn, cotton seed peanut, soy, sesame, etc)

glazed fruits
Raw, with sugar
Bananas (if green tip)
Cranberries
Olives (pickled green)

Spinach
Squash
Taro (baked)
Turnips & tops
Water Chestnut
Watercress

Dumplings
Grapenuts
Noodles
Oatmeal
Pasta
Pies & pastry
Rice
Rye Krisp

Fats (lard & other greases)