

## ACID FOODS

### FRUITS

Citrus fruits  
Chestnuts  
Coconuts (fresh)  
All preserves  
(jellies and jams  
canned, sugared  
or glazed fruit)  
Bananas, green  
Cranberries  
Plums  
Prunes and prune juice  
Olives and all pickles

### VEGETABLES

Asparagus tips  
Beans (all)  
Brussel sprouts  
Chickpeas  
Lentils  
Onions  
Peanuts  
Rhubarb  
Tomatoes

### DAIRY PRODUCTS

Butter  
Cheese (all)  
Cottage cheese  
Cream, ice cream  
Custard  
Milk (boiled, cooked,  
dried, pasteurized,  
canned)

### FLESH FOODS

All meat and fowl  
All fish, shellfish  
Gelatin  
Gravies

### CEREALS

All flour products  
Buckwheat  
Barley  
Breads, all kinds  
Cakes  
Corn, cornmeal,  
flakes  
Crackers, all biscuits  
Doughnuts  
Dumplings  
Macaroni, spaghetti  
Noodles  
Oatmeal  
Pies and pastry  
Rice  
Rye-Crisp

### NUTS

All nuts (more so if  
roasted)  
Coconut,  
dried  
Peanuts

### NEUTRAL

Oils: olive, corn  
cottonseed, soy,  
sesame, etc.  
Fat

### MISCELLANEOUS

Alcohol  
Candy  
Cocoa  
Chocolate  
Coca-Cola  
Coffee  
Condiments  
Dressings  
Sauces  
Drugs (aspirin etc.)  
Eggs (esp. the whites)  
Ginger, preserve  
Jams, Jellies  
Flavorings  
Marmalades  
Preservatives  
Corn flour  
Soda water  
Tobacco  
Vinegars - rice, wine, etc.

### ACIDIFIERS

Lack of sleep  
Overwork  
Worry  
Tension  
Anger  
Jealousy  
Resentment

### ACID REMEDIES

Lemon juice with  
1 tsp. Cider vinegar;  
add hot water and  
honey  
Calcium  
Nat. Phos. Tissue salt