12 Solar Units Of Hydrogen Activity (pH) In Acid-Alkaline Food Chemistry Influencing Nerve Stimulation & Mentality

Calculated on the Calcium to Phosphorus (Ca:P) Ratios & Cooling (Yin–) and Heating (Yang +) Qualities

Foods that stimulate the parasympathetic nervous system

← *Foods high in the alkaline forming, anti–aging & fat–reducing minerals, chiefly calcium*

For making and maintaining bones; vitalizing all cell life, purifying blood, and promoting the concentration of thought in the brain, and holding it there

Foods that stimulate the sympathetic nervous system

Foods high in the acid forming minerals, chiefly phosphorus — inseparably linked with the B vitamins →

Proteins, essential fats, and carbohydrates that supplies the body energy (glucose) and are vital for growth and repair

Formal Force: Muscle/Cardiac Toning & Strengthening (preserves excitability)				**Static Force :** Vital to Immune & Digestive Functioning (Provides Bulking/Fattening Elements)				**Dynamic Force:** Upbuilding and Energizing to Muscles, Nerves & Brain Excitability			
Ca:P Ratio < 3.00		Ca:P Ratio 2.00 – 2.99		Ca:P Ratio 1.00 – 1.99		Ca:P Ratio 0.50 – 0.99		Ca:P Ratio 0.20 – 0.49		Ca:P Ratio > 0.2	
Strong alkaline forming –	Strong alkaline forming +	Alkaline forming –	Alkaline forming +	Weak alkaline forming +	Weak alkaline forming –	Weak acid forming –	Weak acid forming +	Acid forming +	Acid forming –	Strong acid forming +	Strong acid forming –

Strong alkaline forming –

Cereal Grains
millet, ragi (finger millet)

Starchy Fruits / Roots / Tubers
arrowroot flour

Nuts / Seeds & Products
coconut milk (white meat only); **palms**: betel nut palm, dry/ raffia palm kernel

Vegetables / Herbs & Products
agave, raw, dry, cook; alocasia (giant ear), tops/ tender cuttings; aloe vera leaves; false bird of paradise (false panax) leaves; **garlic:** elephant (Egyptian leek or kurrat)/ common, leaves; onion (common) immature bulbs/ leaves; palms: sugar palm shoots; taro (dasheen) leaves/ stalk, cook; yucca, (schidegera/ mojave yucca)

Mushrooms / Fungi
cloud ear (black fungus) mushroom (tough variety) dry/ reconstituted

Algae / Sea vegetables
arame; bladderwrack (fucus); hizihi (hijiki); hydrilla (water thyme), whole plant; **kelps:** bull/ nerocystis, fresh, dry/ Norwegian, fresh, dry; kelp meal; mozuku, fresh; pokpokyo, Philippine, fresh; sea lettuce; sea fern; sea palm kelp, dry; water lettuce

Fruits / Juices & Products
acia palm berries; banana, ripe, dried; pineapple, Australian species

Beverages / Nut Milk / Teas
wine infusion, red (Japanese), 13% al.)

Dry Herbs / Spices / Condiments
horsetail leaves

Sugars (Natural) / Syrups
agave syrup; **cane sugars:** blackstrap, molasses/ sugar (brown)/ cane syrup; sorghum

Seafood
shad, whole (dry)

Strong alkaline forming +

Starchy Fruits / Roots / Tubers
butterbur (fuki), raw, cook; cassava, sweet (soaked, dried, pound); **radish root**: black variety, raw, cook/ oriental (daikon), dry/ red variety, peeled

Legume Seeds
carob/ carob flour; soybean curd (tofu), unpressed/ dry, spongy

Nuts / Seeds & Products
baobab (monkey bread) kernel, raw; blackseeds; peria seeds

Vegetables / Herbs & Products
alfalfa tops (fresh, dry); amaranth leaves (Jamaican calaloo), raw; arugula (rocket-salad), raw; avera leaves; basil, fresh; bitter melon (balsam pear) leafy tips (raw, cook); baobab (monkey bread) leaves (dry); basil leaves, sweet; beans, Indian lotus (baladi), cook; beet greens (raw, cook); black nightshade (garden huckleberry) leaves; buckthorn leaves (dry); burclover leaves; burweed leaves; butterbur (fuki), cook capers, canned; **cabbages:** pe-tsai (Chinese), cook/ baby (petiole) type/ unspecified/ flat type/ swamp (Chinese water); cactus (prickly pear), raw, cook; cactus stem, young (nopales) raw, cook; cadillo (bun okra) leaves; cardoon, cook; carrot leaves/ tops (raw, cook); cherry tomato leaves; chicory leaves (fresh, cook); cress (mustard) leaves/ stalks; calabash (gourd) leaves; cheeseweed (Egyptian mallow) leaves; Chinese spinach (amaranth), spiny/ spineless; Chinese mustard, leaves/ flowers/ tops/ shoots; cleome (fringed spider flower) leaves; coffee leaves (dry); coffee senna (negro coffee) leaves, dry; collard greens (raw, cook); cow pea leafy tips; dandelion flowers (raw); dandelion greens, raw, cook; dill weed; eggplant leaves (garden); epazote (Mexican tea, pig weed, wormseed or goosefoot), fresh; fara leaves (Senegal), raw; fennel, florence (Italian); false panax (poor man's ginseng) leaves; false sesame (bungu) leaves; fenugreek leaves; fireweed, leaves; giant hogweed; gingko leaves; gotu kola; **gourds (fruit/ leaves):** bottle-neck, fruit/ Ivy leaves (India); grape leaves, raw, canned; gundelia (tumbleweed) leaves/ stalks; hibiscus fruit, red; himbabao leaves (Philippines); hogweed (pigweed); horseradish (drumstick) tree leaves, cook; ice plant; Indian hemp (kenaf) leaves (dry); Indian mustard; indica (Indian fleabane/ caphor) leaves; jakote (red mombin) leaves; kale (Scotch). raw, cook; Joseph coat (green/ white) leaves/ stems; joyweed (sessile) leaves; jute, leaves; Joseph coat (copper) tops/ tender cuttings; kidney bean leaves; kale, Scotch, leaves/ stems (raw, cook); kale, Siberian; khakiweed leaves; knotweed (African); kokko (albizia) leaves; kwahu (barleria) leaves; lambsquarters leaves/ young tips (raw, cook); lead tree (wild tamarind) tender tops/ pods; lettuces: hares (lambs)/ wild; London rocket (sisymbrium) leaves; mallow, leaves/ stalk, (Middle East); marshweed leaves; mint leaves; mountain ebony, immature seeds/pods, muskmallow leaves (Indian muskadana); mustard spinach (Japanese) tender greens, cook, raw; Myrtle fruit; napoles, raw, cook; nettle leaves (stinging); nightshade, African black, leaves; New Zealand spinach, raw; nightshade, black (poison berry) leaves (raw, cook); ogon (Japanese star crop) leaves; okra fingers (Asian); okra leaves (African); parsley, common/ curly; pea leafy tips (all varieties); peanut (groundnut) leaves; pepper leaves, all varieties; peppermint leaves, fresh; pepperomia (shiny) leaves; Philippine spinach (fame flower); pickleweed (sea asparagus); plantago (psyllium) leaves; polpala (aerva lanata) leaves; psyllium husk; pumpkin leaves; purple knight (joyweed) leaves; purslane leaves (pusley/ little hogweed) raw, cook; quail grass (cockscomb) leaves; radish leaves (daikon); rape (winter), leaves/ tops/ shoots; red clover leaves/blooms; rhubarb leaf-stalks; rocketsalad; rosemary; fresh, dry; senna pod (sickle) leaves; sesame leaves; sow thistle, young leaves; spearmint, fresh, dry; sesbania (Agati/ West Indian pea) leaves, silk tree leaves;
sorrel; squash leaves, winter; Spanish needles leaves; spotflower leaves; swamp cabbage (water spinach), fresh, dry; tarragon, fresh; tassel flower (earleaf) leaves; thyme, fresh; turnip (Prairie) turnip greens, raw, cook; varana (crataeva) leaves; watercress leaves; winged bean leaves, raw; wonderberry leaves; wood sorrel leaves

Sprouts
Brussels sprouts, cook

Algae / Sea vegetables
agar-agar dry, reconstituted; kulot Philippine (raw); nori (laver), fresh/ reconstituted; ogonori (ogo/ sea moss), fresh; pickleweed (sea asparagus); seahair (nastoc commune), dry

Fruits / Juices & Products
baobab (monkey bread) pulp/meal; cactus (prickly) pear; capers; catmon, Philippine; citron, fresh; **figs:** fiddle leaves (bango)/ broadleaf/ Punjabi; gooseberries, Barbados; grapes, wild; hawthorn berries (dry); hogweed, dry; jaboticaba; jujube, dry; lemon/ lemon peel; pomegranate peel powder, fresh/ dry; orange peel, fresh; olives: black/ green, fresh/ semi-dry; papaya, ripe; plum, wild; roseapple (plum rose); roselle; star fruit (carambola)

Beverages / Nut Milk / Teas
Jamaica sorrel (sour hibiscus) calyces, dry/brew

Dry Herbs / Spices / Condiments
asafoetida; allspice; basil (dry); bay leaf; bishop weed (omum) celery seeds; chervil; cinnamon, ground; cloves, green, dry; cumin seeds, black; dill seeds; dill weed; gingko leaves; gotu kola; lemon/lime peel (fresh, dry); mace; mango powder; marjoram, ground; mint leaves; mustard seeds, ground; olives, salted; oregano; /dry; parsley leaves; pepper, green; pipalli (Indian long pepper); poppy seeds; red clover tops; rosemary; sage, ground; savory, ground; tamarind leaves; tarragon, dry; thyme, dry

Sugars (natural)/ Syrups
manna ash (sugar); maple sugar/syrup

Alkaline forming –

Starchy Fruits / Roots / Tubers
plantain, ripe, raw; Safed Musli tuber; sago palm noodles; taro (dasheen), tahitian; yams: potato (air potato)/ bitter (air potato), raw/ yellow yam/ white yam

Nuts / Seeds & Products
coconut oil (butter); palm, betel nut, dry

Vegetables / Herbs & Products
barley grass/ barley grass juice (powder); bird of paradise flower/ root, raw; chives, raw; devil's tongue (voodoo lily) leaves; false bird of paradise leaves; fern tree leaf, cook; **garlics (raw):** wild garlic/ common, bulbs, leaves; glucomannon (konjac) leaves; leek leaves; **lilies:** tiger, bulbs (dry); cloud (Jew) ear, tough variety (dry)

Algae / Sea vegetables
alaria, (winged kelp); kelp, large (lessonia), Chile; kombu, dry; seagirdle (Laminaria); wakame (dry)

Fruits / Juices & Products
date, dessert (Egyptian myrobalan; pineapple (fresh, can); sugarcane stalk, peeled

Sugars (Natural) / Syrups
sugar, cane, crude brown; syrup, sugarcane

Dry Herbs / Spices/ Condiments
cardamom; chives, freeze-dry

Eggs / Dairy / Products
milk, buffalo

Seafood
fish, whole, dry; sardine, gilt (pilchard) W/N Africa; shad, W. Africa, whole, dry; **shell fish:** prawn, river (dry)

Alkaline forming +

Starchy Fruits / Roots / Tubers
cassava, bitter, (de-starched) flour/ meal/ Jamaican bammy; vinespinach (ceylon/ malabar spinach) mature bulb

Legume Seeds
soybean (protein) powder; vermicelli noodles (soy)

Nuts / Seeds & Products
apricot nut, dry (African); fennel seeds; oil bean, (African); poppy seeds; senna seeds, dry; shea nut (butter seed) kernels (dry)

Vegetables / Herbs & Products
ackee, oily arils (African); amaranth leaves (Chinese spinach/ Jamaican calaloo), raw, cook; basil (common); borage leaves, raw, cook; bean leaves/ tips: Hyacinth bean/ winged bean/ Jack bean; beet greens (raw, cook); betel (ironweed) leaves; breadfruit leaves; broccoli (Chinese); butterbur leaves; **cabbages:** bok choy, raw/ common cabbage, raw/ danish cabbage, raw/ pait-si/ mustard (Pikinese); cassava leaves (bitter); chard, swiss, cook; chicory greens (escarole), raw; chrysanthemum garland (chop suey greens), raw; chrysanthemum coronanum, leaves, raw; coral bean leaves; cow peas, immature seeds, raw, cook; crataeva (sacred garlic pear); cucumber (Syrian); dandelion greens, raw; dill weed; false sesame (bungu) leaves/stem, dry; fireweed leaves; hibiscus, red, tender leaves; himbabao flowers (Philippines); gourds: fruits/ leaves: fluted gourd leafy tips (ugu, W. Africa); white flowered (calabash), raw; horseradish (drumstick) leafy tips, jackfruit leaves; Joseph coat (red) leaves/ stems; jute (bush okra), dry, raw, cook; kale leaves/stem (black, scotch), raw, cook; kanpyo (dried gourd); lannea leaves (W. Africa); lettuce, looseleaf; lotus seeds, immature; malabar (ceylon. vine) spinach leaves; mallow (high/ Chinese) leaves; mint leaves (Middle East); mulberry (morinda) leaves, Indian; mustard greens (Indian), leaves/ stems, raw, cook; nasturtium leaves; New Zealand spinach; nightshade (black) leaves; okra fingers, cook; okra fingers, dry, powder (African); papaya: unripe fruit; papaya, young leaves; parsley, fresh; perilla (green shiso) greens/ seeds; pickling (oriental) melon; pokeberry shoots (raw, cook); pumpkin leaves (dry); purple knight (joyweed) leaves; purslane, wild (chicken weed/ pusley) leaves/stems, cook; radish (red variety) leaves; radish (mougri) pods, (Indian); rape (winter), leaves/ stems; sea purslane leaves; shepherd purse leaves; sorrel (Jamaica flower): calyces, (raw)/ leaves; spanish needle leaf; spider herb (African cat's whiskers) leaves; spinach leaves/ stems, raw, cook; squashes (winter); squash flowers; tomato, unripe; water dropwort leaves; watermelon runner, cook; waterchestnut (water caltrop); watercress leaves/ stems, raw; wheatgrass (juice); winged bean, immature, raw

Algae / Sea vegetables
dulse

Fruits / Juices & Products
abiu (lumo), Australian; apples, curacao; baobab (monkey bread) pulp/ meal; casaba melon; citron pulp; **citrus:** oranges, sweet (common)/ bitter (kafir lime)/ sour (seville) orange/ lemon, whole fruit/ lime, whole fruit; crabapple, Chinese; java (curacao) apple; figs, common, raw, dry, cook; hawthorn berries (European species); jujube (Indian), raw, semi-dry; mabola (butter fruit); **mangoes:** immature/ unripe/ without skin; papaya, ripe; prickly (cactus) pear; prune fruit; sapodilla (naseberry); tree tomato

Beverages / Teas/ Tisanes
hibiscus flowers; Jamaican sorrel calyces fresh swirls) brew; **tisanes:** borage leaves/ green tea/ jasmine/ rosehips, wild/ tundra

Sugars (Natural) / Syrups
manna ash (sugar)

Dry Herbs / Spices/ Condiments
chervil, dry; chili, dry; coriander leaf; cumin seeds; fennel seeds; licorice powder; marjoram, ground; parsley, freeze-dried; pepper corns: black/ white; poppy seeds; mace, ground

Weak alkaline forming +

Starchy Fruits / Roots / Tubers
breadfruit, immature; burdock root; **carrots:** baby/ mature roots (orange/ red), raw, cook; **cassava:** bitter (manioc), dry, ferment/ sweet (raw, dry); kudzu bean (Japanese arrowroot); maca maca; radicchio, raw; radishes: daikon (oriental)/ white (icicle) raw, cook; turnip, raw, cook; sweet potato; wasabi (Japanese horseradish) root; yam bean (jicama)

Legume Seeds
oil (atta) bean, dry; senna seeds, dry; soy bean curd (tofu): plain/ rope-like, dry/ moist type, fry/ roast

Nuts / Seeds & Products
amaranth seeds; breadnut, raw; flamboyant tree seed, raw; manketti nut flesh; mangrove (white) seed; sesame seeds (black/ white) whole (unhulled) dry, roast, toast); sesame meal, defatted; sesame seed oil; sesame paste

Vegetables / Herbs & Products
acacia leaves; ammania leaves (India); balloon flower (Chinese bell flower) root, semi-dry; basil, hoary (Asian); beans (immature pods/ seeds): asparagus (yard long), cook/ Hyacinth seeds, young pods (raw, cook)/ Jack /kidney (cook/ winged bean; **bean leave/ runners:** Hyacinth, runners/ winged bean; borage leaves, raw, cook; breadfruit, immature flesh/ seeds; broccoli raab, raw, cook; **cabbages:** common/ red/ white/ mustard (Pikinese)/ pe-tsai (Chinese), raw; carob baby pods, cook; cauliflower; celery, regular, raw, cook/ wild; celeriac stems/ leaves; celtuce, raw; chard, swiss, raw, cook; ceylon (malabar/ vine) spinach leaves; chayote (christophene/ chacho) fruit/ top/ young leaves; chrysanthemum garland (chop suey greens); chrysanthemum (crown daisy) leaves; cockscomb (woolflower) leaves; collard green; cordia leaves; coriander (cilantro) leaf/stem, raw; cress, garden, raw, cook; cushaw leaves; dock leaves;, cook; endive (escarole); ephedras (jointfir spinach) leaves; false pickleweed (heart-shape) leaves; fame flower leaves; fennel leaves (common/ sweet); galanga (siamese ginger), raw; gandaria (plum mango) leaves; garden sorrel leaves; gourds: calabash (bootle gourd), fruit pulp/ Ivy gourd pods (India)/ white flowered (calabash), cook; haritaki (ink nut) leaves; horseradish (drumstick) leafy tips; jute (bush okra) leaves; Indian hemp (kenaf) leaves; jointfur spinach leaves/ vine (ceylon) spinach leaves; kohlrabi; lettuces: asparagus (Asian)/ garden (non-head)/ butterhead (Boston, bibb)/ romaine (cos)/ prickly/ milk, leaf (wild)/ red leaf; lotus seeds, immature, (Hindi); marigold flower; mulberry leaves; mustard greens: tops, raw, cook/ stem & root, cook; nightshade (mock tomato) fruit (Ethiopian); nightshade (mock tomato) leaves (Ethiopian); okra fingers, raw; okra (M. E. Africa), dry, cook; padauk leaves (African); papaya, unripe fruit/ leaf; **peas:** cow pea, young pods with seeds, raw, cook; pigeonwings (Asia/blue) pods/ seeds; pea runners (cow pea) leafy tips, cook; plumeria (frangi-pini/ Lei flower) leaves; pokeberry shoots; pokeweed; popeao (raw, dry); pumpkin flowers, cook; purslane (chicken weed/ pusley), raw; radish (daikon) leaves (cook); rape (winter) leaves (dry, cook); ragoon creeper leaves; rhubarb, garden; sauerkraut; senna (sickle pod) leaves; sesbania (agati/ West Indian pea) flowers, cook; sorrel, garden; soybean, green; spider herb (African cat's whiskers) leaves/ stems; spinach (garden) leaves/ stems; snap (string) bean (green/ yellow/ white), raw/ cook; spider-herb (bastard mustard) leaf/ stem; **squashes:** butternut, raw, cook; spaghetti (cook)/ summer/ winter (all varieties), raw, cook/ zucchini; squash leaves (winter), young; swamp cabbage, raw, cook; sweet potato leaves/ tender tips, raw, cook; swiss chard leaves/ stalk; tamarind flower, raw; thyme (common), fresh; tomato (crush, can); turkeyberry (plate brush) fruit, raw; turpeth (jalap) root, young leaves/ tender stems (India); udzu bean (Japanese arrowroot) leaves; vegetable sponge (loofah) fruit; velvet leaves (yellow burhead); yomena (aster) leaves; watercress (leaves only); waterspinach leaves/ stem; watermimos leaves; wax gourd (winter melon) raw; willow, leaves, young; wormwood (mugwort) leaves

Sprouts
navy sprouts (raw); pea sprouts, cook; soybean sprouts

Algae / Sea vegetables (dry)
agar, fresh; dulse; gualmang dagot (red algae); graceful red weed; kawa nori (river nori); nori (laver), raw; sea moss (ogonori); sea girdle

Fruits / Juices & Products
African locust bean, pulp meal (dry); almond (green) raw; apples (all varieties), with skin; apricot; bignay-berries (Philippines); blackberries; black plum (lufulu); brush (magenta) cherry; carissa (natal plum); casaba melon; cherries: sour/ red/ sweet; cherry (acerola) juice; Christ thorn fruit; **citrus**: grapefruit (whole)/ juice: pink/ white, whole/ citron juice; coco plum (chrysobalanus); cola cordifolia (wild cola); crab apple; cranberry; currants, red/white; custard apple; egg fruit; elderberry; figs: common, (raw, dry) /Sycamore (Egyptian); gooseberries (Indian); **grapes**: American/ European; grape juice, pure, unsweetened; guava (strawberry/ yellow); guinea plum; gumvine fruit (Senegalese); hawthorn berries (black/N. American species); jackfruit, mature; java plum (jambolan); jujube; kiwi (Chinese gooseberry); lamdolphia (wild apricot/ peach); lemon; lime; melons: banana/ santa; papaya, ripe; pulasan (S.Asian); raisins, seeded; rambutan; raspberry, red; salacia; sapodilla; sapotes: yellow (egg fruit)/ green sapotes; shaddock (pomelo); sowberry; starapple; strawberry; tamarind pulp, ripe; velvet (white) tamarind; watermelon (yellow variety)

Beverages / Teas/ Tisanes
chamomile tea; Jamaican sorrel (sour hibiscus): flower, brew/ seeds, dry, fermented; rosehips; tea leaves, green, dry

Dry Herbs /Spices / Condiments
anise seeds; caraway seeds; celery flake, dry; chilli powder; cumin seeds, ground; curry powder; coriander seeds; dill weed; horseradish, prepared; mace; mustard, prepared; nato (fermented soy); oregano, dry; peppercorns, black, dry; peppers: chili, dry/ Chinese/ white; poppyseed; pricklyash; thyme leaf (common)

Weak alkaline forming –

Cereal Grains
millet, ragi (finger millet)/ meal; vermicelli noodles (rice), cook

Starchy Fruits / Roots / Tubers
arrowroot, raw; banana flour (Ethiopian) ginger root, raw; glucomannon (konjac) tuber; devil's tongue tuber; elephant yam (cook); sarsaparilla root; taro (dasheen), cook; **yams:** bitter (Africa)/ Chinese, spiny (S. Asia)/ elephant/ warran/ cameroun (Australia)/ wild (all varieties)/ Caribbean types: winged (sweet/ white/ renta/ St.Vincent etc.)

Vegetables / Herbs & Products
bamboo leaves (raw, dry)/ young shoots; chives, raw; corn silk; fern, tender fronds/ stems (raw, dry); garlic: common, raw /elephant (large); garlic (fronds (scapes) leaves/ stem (common); ginger floral bracts; leek, lower leaves/ bulbs (unbleached); leek bulbs (raw, cook); lemongrass (fever grass) leaves/ stems; onions: common, immature bulb/ top/ spring (scallion)/ Welsh; palm heart, cook; scallion; shallot bulbs, raw, cook; skunk cabbage, raw, cook; taro (dasheen) leaves/ stalk; wheat grass (powder)

Algae/ Sea vegetables
lichen, blistered jelly (collema) dry; ogonori (green laver); sea palm kelp, raw; spirulina (blue-green algae) raw; wakame, raw

Mushroom / Fungi
black fungus (cloud ear) mushroom

Fruits / Juices & Products
coconut water; **dates:** deglet noor/ medjool/soft varieties, raw; date paste; **palm fruit:** rarran/ snake; salac palm; pineapple (most varieties)/ with skin/ juice, fresh, bottle, can; plantain, ripe, dry; sugar cane stalk peeled

Beverages / Teas/ Tisanes
beer (3.9% al.); cane juice, fresh squeeze; corn silk tea; lemon grass tea; palm tree sap; **wines:** (13.5% al.) /honey / non-alcoholic /port

Sugars (Natural) / Syrups
corn syrup (dark); date molasses; honey (without comb)

Dry Herbs / Spices/ Condiments
cardamom; chives, freeze-dried; leek (lower portion), freeze-dried; onion powder; sarsaparilla root; vanilla extract, pure; **vinegars**: balsamic/ cane/ distilled

Miscellaneous
bee pollen; royal jelly; vanilla extract

Eggs / Dairy / Products
butter, salted/ unsalted (American); curd; **cheeses (most hard varieties):** blue, cheddar, Edan, gouda; **milk:** cow, 1%, 2%, whole/goat, 1%, 2%, whole/ human/ sheep, 1%, 2%, whole; milk powder, whole, non-fat; icecream; whey protein (not powder); yogurt

Seafood
sardine, W.Africa, whole/raw/ smoked; tilapia (St. Peter's fish), dry; **shell fish:** crab meal; prawn (shrimp), white (river), dry, (E. African/ Caribbean)

Weak acid forming –

Cereal Grains
noodles, wheat, cook; teff (injera)

Starchy Fruits / Roots / Tubers
arrowroot, raw, cook; banana flour (common); cocoyam (coco/ malanga); devil's tongue tuber; ginger root, raw; lily: resurrection lily rhizome; taro (dasheen) common; yam (African)

Nuts / Seeds & Products
coconut, immature kernel; coconut butter (oil), raw; **palms:** African fan palm (immature kernel)/ betel palm nut (Asian)/ dorum palm (Egyptian)/ gingerbread palm nut; palm kernel (Asian), dry ; palmyra (immature seed); palmyra (fruit) ; palm oil

Vegetables / Herbs & Products
alocasia (giant ear) stems; **bamboo shoots:** unspecified, raw, dry/ can/ winter variety (hairy, dry/ reconstituted); banana bud/ flower, raw, dry; barley grass/juice; chives (Chinese); cocoyam (malanga) young shoot; ferns: paco (leaves, stems), raw/ royal (tender cuttings, raw; garlic flower (common) raw; ginger shoots, raw; horsetail leaf, fresh; leek, bulb/ flowers; lemongrass (fever grasss) leaves/ stems, raw; **onions:** common, raw, cook/ sweet, raw/ Welsh, raw; palm hearts, can; shallot bulb, raw; sugar cane flower, raw; taro shoots, cook

Algae / Sea Vegetables
chlorella, dry; kelp (macrocystis), giant (Pacific)

Mushroom / Fungi
black fungus (cloud ear), dry, reconstituted

Fruits / Juices & Products
dates: all types (semi-dry, dry), **palms:** African fan palm/buri palm pulp

Beverages/ Nut Milk/ Teas
corn silk tea; tigernut milk; **wines:** cooking/ honey plum/ sake (Japanese) rice/ light/ table/ white

Sugars (natural) / Syrups
jaggery

Dry Herbs / Spices / Condiments
cardamom; garlic powder; ginger (ground); **onions**: dehydrated flakes/ powder; oregano, dry; shallot bulb, freeze-dry tumeric (ground); **vinegars**: cane/ coconut/ red wine/ rice

Eggs / Dairy & Products
butter: salted/unsalted/American; ghee; yogurt; egg white (duck, hen); goat cheese, semi-soft

Seafood
bass, striped; **eels:** conger/ field (fresh water)/ silver pike; **mackerels:** spotted (chub)/ Indo Pacific/ striped (Indian)/ Indo-West Pacific; mullet, striped (African); perch (Nile), raw; perch, Atlantic (raw, cook); salmon, red (sockeye), can; sardines: common types/ Indian (oil)/ dry/ short bodied/ prichard (oil-producing/dry); shad, gizzard (Indo-west Pacific); **shell fish:** prawn (marine shrimp), African; crabs, blue (sea)/ fresh water (raw)

Weak acid forming +

Starchy Fruits / Roots/ Tubers
breadfruit (mature), raw; burdock root, raw, cook; carrots: baby (raw)/ roots, raw/ dehydrated; cassava: bitter/ sweet ferment (Gari), raw; chicory (radicchio) root; raw; kudzu bean (Japanese arrowroot); lotus root (Indian/white) raw; maca; parsnip root, raw, cook; radishes: daikon, dry, cook/ red (garden)/ white (icicle) raw; rutabagas (raw/ cook); sweet potato (pale and yellow variety), bake in or without skin/ flour; winged bean tuber, raw; yambeam

Legume Seeds
African locust bean; fenugreek seed, whole grain/ flour; French bean, cook; rice bean; vetch bean (common) whole/ split; white bean; winged bean, cook African walnut (gabo nut); breadnut; soybean meal/ whole seeds; soybean curd; soy cheese (tofu); soy milk (unsweeteened); tempeh; peanut, skin-free, fry; sesbania seeds

Nuts / Seed Grains & Products
almond: common, unblanched, raw, dry-roast, salted/ butter/ paste; apricot kernel, bitterwood seed; bombax (red flower silk) seed; butter tree (sorteh) seed; chestnut (European) peeled; chia seeds; cocoplum nut; cottonseed; flamboyant tree seeds, raw; flaxseed (linseed) /flax seed press cake; gabo nut kernel/ pulp, raw; hazelnut/ filbert; jackfruit seeds, boil; kola nut (bissi) raw, dry; macadamia nut; mango-seed kernel; niger seed (nug seed); padaga seeds (Japanese); safflower seed presscake; sea buckthorn berry; **sesame seed kernels:** stone ground, raw/ roasted/ toasted; sesame seeds butter (tahini); wild mango seed kernel (African)

Vegetables / Herbs & Products
ackee, oily arils (Jamaican); aralia leaves (Japanese); **artichoke hearts:** globe, raw, cook/ French/ Jerusalem hearts; aster, leaves/tips; asystacia (Chinese violet) tender leaves/stems; **beans (immature):** adzuki/ young/ kidney; **bean pods:** asparagus (yard long) pods, cluster/ kidney, raw; snapbeans (string beans); bitter melon (balsam pear) pods/tips, raw, cook; bonnet bellflower (tadak) leaves; broccoli flowers/ leaves/ stems, raw, cook; burdock, tap root, raw, cook; cactus pod (tuna) raw, cook; **cabbages:** celery (peking) raw, cook/ pe-tsai (Chinese), cook/ savoy, raw, cook; cardoon, raw; cassava leaves (bitter) dry; cassia (senna/ bombay black wood) leaves; cauliflower, raw, cook; celeriac root (cook); cerasee (male bitter melon) leaves, raw, cook; chayote (christophene); codonopsis (poor man's ginseng) leaves; cornsalad; cow peas young tender tips, raw, cook; cowslip (creeper) leaves/ flowers; cucumber, (peel, unpeeled); dock (all types), cook; djonkol (stink bean); eggplant; eppaw, raw; fennel bulb; fireweed; gandaria (plum mango); ginseng root; **gourds:** cushaw, pumpkin, snake, towel, wax (chinese); gourd leaves: tassel gourd (raw); ground cherry fruit; horseradish (drumstick) pods/ tender leaves, tips, raw; Hyacinth bean, immature, cook; kakawati leaves; kohlrabi; lettuces: asparagus/ celtuce (Chinese), garden (head), iceburg (crisphead); lotus root flour; mangrove fresh water leaves; mimosa (sensitive) plant) leaves; mountain ebony, young leaves/ flowers; mustard spinach tender greens (cook); nightshade fruit / leaves(Ethiopian); nitta tree (sataw) pods; okra (African); **peas pods/ shoots:** all edible pods with seeds, raw, cook; pea shoots: chickpea shoots, raw; pepper: tobasco (bird pepper)/ cayenne /sweet/ dry, cook; jalapeno/ green/ red; prema (alaqua) fragrant leaf; pumpkin: fruit, raw, cook/ marrow, dry, cook/ flower/ leaves, cook; sauerkraut; salsify (vegetable oyster) raw, cook; sauropus (sweet leaf bush) leaves; sesbania (agati/ W. Indian pea) flowers, raw; sesbania (prickly sesban) leaves; senna leaves; sourdock (young leaves); snap (string) peas green, raw; soy bean, green/ immature seeds (cook); squashes: acorn/ crook/ hubbarb/ Indian, straight necks/ summer (all varieties), immature, cook/ winter (all varieties), cook; starthorn (hygro- phila) leaves; sweet potato leaves, raw, cook; tea leaves (green, dry); teaselgourd leaves; tomato, red /green, raw, cook; tree tomato fruit; tube flower leaves (India); turnip root; udo (Japanese spikenard) stalk; waterspinach, leaves/ stems. cook wormwood (white) leaves

Sprouts
alfalfa; Brussels sprouts; fenugreek seeds; kidney bean, raw, cook; radish seeds; soy bean

Algae / Sea Vegetables
dulse; gigartina; irish (carrageen) moss; nori (laver), dry

Fruits / Juices & Products
African locust bean, pulp; **apples:** common (without skin) raw, cook/ alligator (pond apple)/ otaheitte (red apple); apricot (American), dry; avom; blackberry; blueberry; bushbutter (native pear), calabao (allagat); cherimoya; cherries: Barbados (acerola)/ ground/ Jamaica/ sweet; **citrus:** grapefruit juice (pink, white)/ nectarines/ orange juice, fresh; cranberry; currants; custard apple; dattock fruit; Dika-nut (African wild mango) pulp; duku (langsat); durian; elderberry; gooseberry; grape (Thompson's); grape juice, pure, unsweetened; guava (common), juice, fresh, can; hawthorn, hog plum (jobo); jaboticaba; jambolan; jackal berry (monkey guava); jackfruit; jujube (Chinese/ common/ Indian/ Malayan); June plum (ambarella); kiwi; lichee, dry; lime; loquat; mambai; **mangoes:** (black, ripe/unripe (Indian), common, unripe/ half-ripe/ ripe, most varieties, ripe; Manila tamarind (guamachil); maprang (gandaria/ plum mango); monkey orange (poison nut); mulberry; noni (morinda) juice; oheleberries; olives (Ceylon) fresh; panirami; papaya, ripe; passion fruit (purple); peach; pear (common); persimmon (Japanese); pitanga (Surinam cherries); pomegranate fruit (edible portions); **plums:** amlok (Mexican plum)/ common (prune) dry, stew, raw; gingerbread (Japanese); quince; raspberry, wild; salmon berry; santol (lolly fruit); sapotes (all varieties; singhara nut (ling nut) starch; soursop; spanspek; **melons:** cantaloupe, honeydew, watermelon (red seeded); star apple; strawberry; sugar apple (sweetsop); tamarind pulp, ripe, dry; tomato sauce; wampee (Chinese); watery rose apple (jambu)

Beverages /Teas/Tisanes
cerasee (male bitter melon) leaves/ coffee, brewed Jamaican sorrel (sour hibiscus) seeds, dry/ferment ; soursop leaf tea; soy milk

Dry Herbs / Spices / Condiments
curry leaves dry; fenugreek seeds, roast; **peppers:** cayenne/ chili/ paprika; mace; nutmeg

Meats

Acid forming +

Starchy Fruits / Roots / Tubers
beet root, raw, cook; breadfruit (mature/ripe) cook /; cassava: bitter/ sweet meal; daikon (white radish root), young/ tender; lotus root (Egyptian); potato, (white), cook without skin; potato, (russet/ white) baked in skin; potato flour (white); potato, sweet (pale variety)/ sweet (yellow variety), steam dry; taca (Fiji arrowroot); tapioca pearls

Legume Seeds
peas/beans: adzuki bean; adenguare bean (Ethiopian black/ white); asparagus pea (goa bean); bambara groundnut (jugo bean); broad (fava) bean, cook, broadbean flour; chickpeas (garbanzo) cook, raw/ chick pea flour; congo (pigeon/ gungo), raw, cook; cow (black-eye) peas (all varieties); cranberry bean (mature), cook; dolichos pea (Australian); garden (field) peas/flour; great northern bean (mature), cook; ground-bean (potato bean); jack bean French bean; small white beans; kidney beans: California reds, cook/ Egyptian, cook/ royal reds, cook; Hyacinth bean; lupin, cook; mung bean, dry, mature; navy bean; pink bean; pinto bean; yellow bean; fenugreek seeds, bake; **peanuts (groundnuts)**: all types raw, cook, salt-roast/ spanish, raw, oil-roast/ Virginia, raw; pigeon (congo/ gungo) peas, immature; pink bean, mature, cook; pinto bean, cook; pinto bean meal; rice bean; scarlet runner bean; small white bean (mature), cook; snap (wax) bean; soybean (all varieties), whole seeds (mature); split pea; string bean; Texas (tepary) bean; velvet (horse eye) bean; winged bean (asparagus pea)

Nuts / Seed Grains & Products
acorn nut, raw/dry; acorn nut flour (full fat); almond (sweet), blanch/ dry-roast; almond, tropical (Indian), dry roast; amaranth seed, raw, cook/ flakes; beechnut; blackseed oil; boscia seed; Brazilnut, raw/ dry; breadfruit seeds (raw, cook, roast); breadnut; bushmint (black sesame seeds); candlenut seeds; carya (Illinois) nut; chestnuts: Chinese, raw, dry, roast/ European, dry, roast, boil/ Japanese, raw, dry, roast/ Malabar, raw, dry/ Spanish, raw, dry; Chinese olive (papo nut) raw; durian seeds; flax seeds; fox (gordon) nuts; galo nut, pulp/seed, raw, boil; Hazelnut (filbert) blanch; Jackfruit seeds, raw; ephedra (jointfir spinach) seeds; fattened; lotus seeds (raw, dry); macadamia nuts (raw, dry, roast); manketti nut (African wood oil) kernel; marang seeds (boil); myrianthus (corkwood) kernel; pachira nut; pecan, raw, dry, roast; pili (galp) nut; pinenut (pinyon); pistachios, raw, dry, immature seeds; quinoa; safflower, whole, crush; soybean (matured seed); soy flour (all types); soy protein isolate; sunflower seed kernel (roast); tallow tree seed; walnut/ English/ Persian, raw, dry; wolfberry seed

Vegetables / Herbs & Products
alfalfa; artichoke (globe/ French) hearts; artichoke (Jerusalem) tuber, raw, cook; beans (immature): adzuki, broad bean, soy (all varieties); bean pods (immature): fava/ Hyacinth/ kidney/ lima, raw, cook; bean leaves: lima; bitter melon (balsam pear) pods/ leaves; broccoli floweret; broccoli flowerets/ stems; cassava (bitter) leaves, cook; cauliflower, cook; cedar shoot; celeriac root, raw, cook; celtuce (stem lettuce) Asian; chayote (cho-cho), cook; cilantro (coriander) leaves; cucumber, whole; dock leaves, raw; eggplant (purple/ white), raw, cook; fig leaves; gourd leaves: bottle-neck, loofah, horseradish tree (drumstick) flowers; lotus root, raw, cook; mango, common, young leaves; parsley (freeze-dry); peas: green pea, raw, cook; peas (immature): asparagus (yardlong)/ garden/ field pea/ lima (butter) bean, cook/ pigeon pea, raw, cook; **peppers**: ancho, dry/ banana/ hot chili (green, red)/ Hungarian/ jalapeno/ kāna (Indian long pepper)/ serrano/ sweet green (bell) mature, immature)/ sweet, red/ sweet/ yellow/ tobasco (African bird's eye), dry; potato leaves (sweet) tender tips (cook); pumpkin, fruits/ leaves, cook; pimento (can); radicchio; rosewood leaves; sesame plant leaves; sour dock (young leaves) squashes: summer (all varieties), raw/ crooked neck, cook/ straight, cook/ zucchini, raw, cook; tamarind, young leaves; tomato: green/ red (ripe)/ sundried/ cherry variety, (ripe); tomato juice, fresh; water shield leaves; zucchini (with skin), raw, cook

Sprouts
alfalfa; broadbean; green pea, raw, cook; lima bean; mung bean, raw, cook; pinto bean; radish; soybean (raw, cook)

Fruits / Juices & Products
apples: common, raw, dry, stew/ otaheitte; apricots, raw, dry, stew; avocado (all varieties); barbadine (giant granadilla); bilimbi (India); blackberries; blueberries; bushmango (African) ripe; cherimoya durian; gooseberry; grapes, common; guava, red/ yellow; guarana (paullina cupana) ripe; guinep; gumvine (mbungu) fruit (Guinea); kumquat; longan, dry; lychee, raw, dry; mango, jack (binjai), Asian; mango juice (can); Manila tamarind (guamachil); manketti nut pulp; marang (Asian); maypop (granadilla); Mbungu fruit (rubber vine or wild apricot); **melons**: cantaloupe/ watermelon (seedless, red variety); nectarine; passion fruit/ juice; passion flower fruit; peach. raw, dry, stew; pear (Asian); persimmons (kaki/ Japanese sapote) ripe, dry; plums, cherry/ methley; **pomegranate:** juice/edible portion/ rind (fresh, dry); pomelo (shaddock); raisins (seeded); raspberry; silverberry; singhara nut (ling nut); soapberry tree fruit; soursop; sowberry juice; Spanish plum (purple mombin); star apple; starfruit (carambola); velvet tamarind, white (W. Africa); watery rose apple (jambu)

Beverages /Teas/Tisanes
black tea, brewed, distilled water; black tea, brewed, decaffeinated; soursop leaf tea;

Dry Herbs / Spices / Condiments
curry leaf (dried, powder); fenugreek seeds (roast)

Meats
antelope (impala)

Acid forming –

Cereal Grains
acha (hungry rice), whole grain/ meal; **barley grain:** whole grain/ meal/ flour/ pearl, roast; **breads:** (whole grain meal) all varieties, fresh/ toast; bulgar (parboiled wheat); couscous (millet); **millet:** kado (bastard/ ragimillet (blue), whole, millet meal; **rice varieties:** parboil/ sticky, cook, roast, pound)/ white (long-grain)/ wild; rice (sticky) noodles; teff, whole grain/ meal (Ethiopian)

Starchy Fruits / Roots/ Tubers
arrowroot, dry; banana, common/ dwarf (unripe); banana (dwarf) flour; cocoyam (coco/ malanga); ginger root; mountain yam, cook; plantain, ripe, cook; sago palm meal; taro (dasheen) imperial or black leaf type, cook; tigernut; tumeric, raw; waterchestnut (matai) can; yam, goa (India/ Luzon)

Nuts / Seed Grains & Products
coconut: cream (presscake)/ coconut meat, matured kernel/ coconut milk; cotton seed flour/meal; dessert date kernel; Job's tears, whole seeds

Vegetables / Herbs & Products
asparagus, raw/cook; bamboo shoots; barley grass (juice); coconut palm cotyledon (seed leaf); coconut palm leaf; cocoyam (tannia) leaves; corn, immature (baby)/ can; daylily (lemon) flower, leaf; fiddlehead fern (raw, cook); garlic bulb (common); garlic shoots (common); onion (Welsh); wheatgrass (grown indoor)

Sprouts
quinea corn (sorghum) sprouts

Algae / Sea Vegetables
sargassum kelp, dry

Mushrooms / Fungi
cloud ear (black fungus), dry, reconstituted; shitake; straw, reconstituted

Fruits / Juices & Products
bananas: all types, ripe; sugar (African fan) palm

Beverages / Teas/ Tisanes
beers: light / regular; **wines:** plum/ red/ red table

Sugars (Natural) / Syrups
barley malt

Dry Herbs / Spices / Condiments
saffron; shallot, freeze-dried

Eggs / Dairy / Products
cottage cheese 1%, 2%; duck eggs, yoke/whole; hen eggs, whole; turtle eggs

Seafood (raw/cook)
amberjack red tail; **bass:** fresh water, sea (African); butterfish; butterfly fish; grouper; fish filet, all types; flying fish; grouper; herring (Atlantic/ Pacific); rock cod (mimatus); salmon (pink) can; sardine, prichard (oil-producing), dry; shad, gizzard (Indo-west Pacific); trout (rainbow); tuna (canned); **shell fish:** crabs: blue (raw)/ king (raw); crayfish, wild, cook; lobster (raw)

Strong acid forming +

Starchy Fruits / Roots / Tubers
potato: white (all varieties) boiled in skin, without skin

Legume Seeds
peas/beans: adzuki bean; African yambean; black bean; chickpea/ chickpea flour (besan); cow (blackeye) peas; garden (field) pea, dry; haricot beans; jugo bean (bambara groundnut); lima (butter) bean (large), dry; lupin; mung bean, green; red kidney; papaya seeds; **peanuts:** dry/ roast/ cook, roasted with shell, oil-roasted; peanut butter/flour; split peas

Lentils
all varieties

Nuts / Seed Grains & Products
acorn nut, raw; antrocaryon kernel (Ghana); breadfruit seeds; baobab seeds (monkey bread), cook; boscia seeds, cook; **buckwheat:** flour/ noodles / whole/ seed groats (cook, roast); butternut; calabash seeds; cashew nut (common), dry, roast; cashew butter, plain, roast; cayor apple (gingerbread pear) kernel; **chestnuts:** Chinese (raw, dry, boil), European; cocoa powder (unsweetened); cotton seed kernel, dry-roast; egusi (bitter apple/ melon varieties) seeds; ephedra (jointfir seeds); gourd: fluted gourd seeds; galo nut, cook; hemp seeds/ hemp meal; hickory nuts; Indian (tropical) almonds; larch seeds; ling nut (linquat), raw; lotus seeds, Egyptian; marula nut, raw; marvola nut; nigerseed, dry/ mature, Ethiopian); okra seeds; oyster nut; pasaro tree seeds (Chinese); pecan nut; pinenut; pinon nut; pistachios, dry-roast; pumpkin/ squash seed kernels, shelled, raw, dry-roast; quinoa seeds; safflower seeds/ kernel (dry, raw); sesame seed kernels (shell naturally removed); sesame seed flour/ meal; sunflower seeds kernel/ butter/ flour; walnut (black), (raw, dry); watermelon seeds, dry, roast; wild bitter pecans; yeheb nut (E. Africa); yellow pond lily seeds, dry

Germinated seed-germs
buckwheat (pre-sprouted) seed-germ

Vegetables / Herbs & Products
agati (W. Indian pea) flowers; artichoke (Jerusalem), raw; beans: broadbean (immature), cook/ cow (blackeye) peas, immature; fava bean (in pod)/ snap (wax); betel (ironweed) leaves, dry; cucumber (hairy); curry leaves; elephant grass (napiergrass), young shoots; fireweed (young leaves); gourds: chaphi/ dishcloth loofah (sponge) fruit/ rag/ smooth; green champa (green star) leaves (India); hibiscus flower (tropical); honeywort greens (Japanese); ironweed; jakote (purple/ red mombin) shoots/ tender stems raw; lotus heart/ tuber; **peppers:** Hindu/ hot chili/ red/ jalapeno/ scotch bonnet; prickly (milk) lettuce, wild; sourdock (young leaves); squash, zucchini, baby; stink bean; velvet plant leaves; waterchestnut (matai) corn; waterprimrose creeping leaves; wolfberry fruit pulp

Sprouts
broadbean (fava) bean; green bean; kidney bean; lentil; lima bean; mung bean; navy bean; pea; pinto bean

Algae / Sea vegetables
sea hair

Fruits / Juices & Products
avocado (Florida); bread and cheese (paullina pinata); bushmango (African, ripe); cherries (ground); guarana (paullina capana), unripe; lychee; longan; mango juice (black/ Indian /can); papo (African black olive); olives (Ceylon/ dry); passion fruit, pingpong (china chestnut); pomegranate, edible portion, fresh; sowberry (without seeds) dry; star apple; tomatoes (all types/ ripe)

Beverages / Nut Milk / Teas
peanut milk

Dry Herbs / Spices / Condiments
chili powder

Miscellaneous
cocoa powder, pure/unsweetened

Meats
beef; goat/kid; lamb; pork; veal; games

Poultry
chicken; duck; goose; pheasant; turkey

Strong acid forming –

Cereal Grains
arrowroot, raw; **barley:** whole/ flour/ pearled/ meal; bulgar (parboiled wheat); **corn (maize):** all varieties/ bran/ flour/ germ/meal (sifted, unsifted); cornstarch; couscous, sorghum; Job's tears, whole grain/ flour; **millet:** whole grain/ flour; **oats:** whole grain/ rolled; oatmeal; **pasta:** plain/ corn/ egg-free; **rice:** all colours and varieties; rice bran/ polish (crude)/ rice flour, all types; **rye:** whole grain/ flour; semolina (maize product); **sorghum (guinea corn):** all varieties/ bran/ meal (unsifted); **wheat**: all varieties/ bran/ flour/ macaroni; yam, winged (Guyana arrowroot)

Germinated (pre-sprouted) Seeds
barley germ; corn endosperms; millet germ; wheat germ

Starchy Fruits / Roots/ Tubers
anchomanes fern tuber; arrowhead (duck potato), raw, cook; Chinese water chestnut; cocoyam (malanga), cook; taro, cook; tigernut corns; yam, dry/ flour

Nuts / Seeds Grains & Products
coconut: cream; coconut meat raw/ dessicated; coconut milk; gingko seeds; palm kernel

Vegetables / Herbs & Products
arrowhead; bamboo shoots; cane shoots (China cane); corn (immature (baby); garlic bulb (common); palm hearts, raw; plantain (green), raw, cook; water bamboo shoots; waterchestnut corns (matai), raw

Sprouts
barley sprouts; wheat sprouts

Mushrooms / Fungi
mushrooms: brown, raw; button, raw; chaterella, raw; enoki, raw; Jew ear (tree ear), raw; crimini; enoki; field; maitake, raw; matsutake, Californian; meadow; morel, raw; nameko; oyster, raw; portabella, raw, cook; shitake, raw, cook; straw; white, raw, cook; **fungi:** white fungus; **yeasts:** all varieties

Algae / Sea vegetables
seahair (nastic commune) spirulina (blue-green algae), dry

Fruits / Juices & Products
dates, Phoenix (N.Africa)

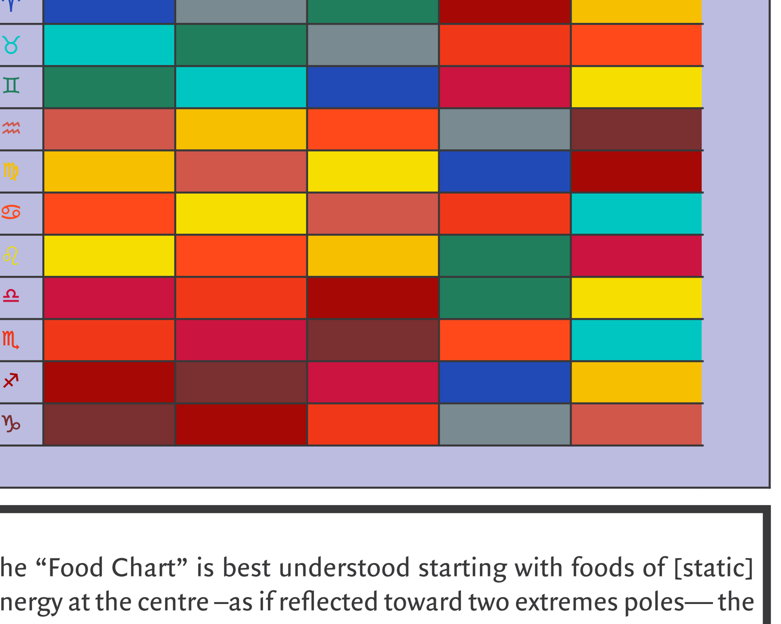
Beverages / Teas/ Tisanes
beer/ malt (barley); gin; rum; vodka; whiskey (distilled alcohol) 100% proof; wine, Japanese (8.5% al.)

Dry Herbs / Spices / Condiments
garlic powder, soy sauce

Seafood (raw/cook)
amberjack (yellow tail); bass (sea/ striped); butterfish; carp, raw, cook; cod Atlantic/ Pacific); croaker (Ghana); dolphin fish; flat fish (flounder); grouper; grunt; haddock; herring; jack; Philippine pompano; mackerel: king (kingfish), jack/ Pacific/ Spanish; mullet; pollock; walleye; pompano (Florida); roe (mixed species); runner (rainbow); salmon (all species); sardinella, W. African; scallop; shad (slender) Indo-west Pacific; snapper; tile fish; trout (sea); tuna (blue fin, yellow fin); whitefish; **shell fish:** crayfish

Miscellaneous
isinglass (dried fish air bag / swimming-bladder)

Calcium and Phosphorus data were collected mainly from the Food and Agriculture Organization of the United Nations' website: www.fao.org



The "Food Chart" is best understood starting with foods of [static] energy at the centre –as if reflected toward two extremes poles— the strong acid forming (dynamic) pole and the alkaline forming (formative) pole.

Energetically, alkaline forming foods have more negatively charged electrons than positively charged protons (hydrogen ions), increasing from the [electrostatic] centre. Meaning, they accept acid-forming atoms of oxygen (O), phosphorus (P), nitrogen (N) and sulfur (S).

Acid forming molecules have more positively charged protons than negatively charged electrons. Meaning, they give up electrons easily and accept hydrogen atoms and are therefore very positive, i.e., they give up alkaline-forming atoms of calcium (Ca), sodium (Na), potassium (K), iron (I), magnesium (Mg).

The calcium and phosphorus data were collected mainly from the Food and Agriculture Organization of the United Nations' website: www.fao.org

Copyright© 2010 5-Star Nutrition System™ • All rights reserved • Author: Monica Palmer (TSheba) • Email: tsheba@5starnutrition.gossamer-media.com; website: www.5starnutrition.gossamer-media.com