

Alkaline Ash Foods

Foods are listed in order of their positive affect in replacing alkaline reserve, ie, raw spinach at +556 is approx. 100 times more effective than green peas at +5.

Raw Spinach *	4c	556	Muskmelon	4-Jan	38
Beet Greens	ic	+478.00	Limes	1/2 cup	+33.00
Molasses	1T	360	Sour Cherries	18	+30.00
Celery	5 st	341	Tangerines	2	+29.00
Dried Figs	1/2 cup	+297.00	Strawberries	12	+28.00
Carrots	1 1/2 cup	+282.00	White Potato	1	+26.00
Dried Beans	1/2 cup	+282.00	Sweet Potato	1	+26.00
Chard Leaves	1 1/2 cup	+214.00	Grapefruit	1/2 cup	25
Water Cress	2 1/2 cup	192	Apricot	2	25
Sauerkraut	2/3 cup	+176.00	Lemon	1/2 cup	+24.00
Lettuce	1/2 head	+170.00	Blackberries	1 cup	+22.00
Green Limas	2/3 cup	+142.00	Orange	1/2 cup	+22.00
Dried Limas	2/3 cup	+123.00	Tomato	1	+21.00
Rhubarb **	1 cup	+117.00	Peach	1 lg	+21.00
Cabbage	1 1/3 cup	+111.00	Raspberries	1 cup	19
Broccoli	1 cup	101	Banana	1 sm	+18.00
Beets	2/3 cup	98	Onion	1 sm	+14.00
Brussels Sprouts	6	+95.00	Grapes	1/2 cup	+10.00
Green Soy Beans	2/3 cup	85	Pear	1	+10.00
Cucumber	10 sl	71	Blueberries	2/3 cup	5
Parsnip	1/2 lg	+67.00	Apple	1	5
Radishes	7	+64.00	Watermelon	1/2 sl	5
Rutabagas	3/4 cup	+62.00	Green Peas	3/4 cup	5
Dried peas	1/2 cup	+57.00			
Mushrooms	7	50			
Cauliflower	1 cup	50			
Pineapple	1 cup	44			
Avocado	1/2 cup	+44.00			
Raisins	1/2 cup	+42.00			
Dried Dates	7	+40.00			
Green Beans	1 cup	+39.00			

* best eaten raw

** not recommended