

SWEET FRUIT

Avocado
Bananas
Dried Dates
Dried Figs
Prunes
Raisins

STARCH

Barley, Pearled
Brown Rice
Brown Sugar
Chocolate Cake
Cookies
Corn Oil
Corn Syrup
Dried Beans
Dried Lentils

Dried Limas
Fresh Corn
Granulated Sugar
Honey
Ice Cream
Macaroni
Molasses
Oatmeal
Olive Oil
Peanut Butter

Peanuts
Spaghetti
Soda Crackers
Wheat Bran
Wheat Germ
White Bread
White Flour
White Potatoes
Whole Wheat flour

DAIRY

Butter
Cheese
Eggs (See Protein)
Ice Cream
Milk
Yogurt
(See Starch List)

VEGETABLES AND SALADS

Beet Greens
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery

Chard leaves
Cucumbers
Fresh corn
Green Limas
Green Soy Beans
Green Beans
Green Peas
Lettuce

Mushrooms
Onions
Parsnips
Radishes
Rhubarb
Rutabagas
Sauerkraut
Spinach
Tomatoes
Watercress

MELONS

Melons
Muskmelon (cantaloupe) Watermelon

ACID FRUIT

Cherries
Cranberries
Grapefruit
Grapes
Lemons
Limes

Oranges
Pineapple
Pruns
Strawberries
Tangerines
Apples

Apricots
Blackberries
Blueberries
Peaches
Pears
Raspberries

PROTEIN

Almonds
Bacon
Beef
Brazil Nuts
Chicken
Codfish
Corned Beef
Dried Soy Beans

Dried Peas
Dried Lentils
Dried beans
Dried Lima
English Walnuts
Haddock
Lamb/Chops
Oysters

Peanuts
Pork Chops
Salmon
Sardine
Sausage
Scallops
Shrimp
Turkey