



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of ***Your Body Can Talk*** & ***Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

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Acid-Forming Foods

(Based on consumption of 1 ounce)

| | | | |
|---------------------|-----|----------------------|-----|
| Egg Yolk | 7.5 | Bacon | 3.0 |
| Herring | 5.5 | Lamb | 3.0 |
| Oysters | 4.5 | Duck | 3.0 |
| Crab | 4.5 | Whole Egg | 3.0 |
| Lobster | 4.0 | Spaghetti | 3.0 |
| Oatmeal | 3.6 | Organ Meats | 3.0 |
| Veal | 3.5 | Rice | 2.8 |
| Sardines | 3.4 | Bread (wheat or rye) | 2.5 |
| Perch | 3.3 | Haddock | 2.5 |
| Salmon | 3.3 | Crackers | 2.3 |
| Swordfish | 3.3 | Bread (white) | 2.2 |
| Most Other Fish | 3.3 | Most Nuts | 2.0 |
| Most Meats and Fowl | 3.2 | Egg Whites | 1.7 |
| Liver | 3.0 | Dry Corn | 1.6 |
| Chicken | 3.0 | Corn Meal | 1.6 |
| Pork | 3.0 | Zwieback | 1.6 |
| Ham (smoked) | 3.0 | American Cheese | 1.6 |
| Macaroni | 3.0 | Natural Cheese | 1.5 |
| Most Grains | 3.0 | Lentils | 1.5 |



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Alkaline-Forming Foods

(Based on consumption of 1 ounce)

| | | | |
|-------------------------|------|------------------|-----|
| Figs | 30.0 | Pineapple | 2.0 |
| Molasses | 18.0 | Coconut | 2.0 |
| Olives (green or ripe) | 16.0 | Pomegranate | 2.0 |
| Lima Beans | 12.0 | Beans, Baked | 2.0 |
| Soybeans | 12.0 | Nectarines | 1.8 |
| Apricots (dried) | 9.5 | Cabbage | 1.8 |
| Turnip or Beet Greens | 8.0 | Cherries | 1.8 |
| Spinach | 8.0 | Sauerkraut | 1.7 |
| Dandelion Greens | 8.0 | Grapefruit | 1.7 |
| Mustard Greens | 8.0 | Tomatoes | 1.7 |
| Raisins | 7.0 | Radish | 1.7 |
| Kale | 7.0 | Currents (dried) | 1.7 |
| Swiss Chard | 5.0 | Cauliflower | 1.5 |
| Almond | 3.6 | Lemon | 1.6 |
| Parsnips | 3.6 | String Beans | 1.6 |
| Carrot | 3.5 | Peaches | 1.5 |
| Beets | 3.5 | Mushrooms | 1.2 |
| Dates | 3.0 | Squash | 1.0 |
| Celery | 2.5 | Watermelon | 1.0 |
| Rutabaga | 2.5 | Grapes | 1.0 |
| Endive | 2.2 | Buttermilk | 0.7 |
| Cantaloupe | 2.2 | Whole Milk | 0.5 |
| Lettuce | 2.2 | Millet | 0.5 |
| Parsley | 2.2 | Brazil Nuts | 0.5 |
| Watercress | 2.0 | Buckwheat | 0.5 |
| Apricots (fresh) | 2.0 | Onions | 0.4 |
| Potatoes (sweet, white) | 2.0 | Green Peas | 0.3 |