

Ragnar Berg's Tables*

Name of Food	Plus or Acid- Binding	Minus or Acid-Forming	Name of Food	Plus or Acid- Binding	Minus or Acid-Forming
Flesh			Grains and Grain Products, Continued		
Bacon		-9.90	Farina		-10.00
Blood of Animals	+5.49		Graham Bread		-6.13
Chicken		-24.32	Macaroni		-5.11
Ham, Smoked		-6.95	Oat Flakes		-20.71
Meat (Beef)		-38.61	Oat Flour		-8.08
Mutton		-20.30	Oats		-10.58
Ox Tongue		-10.60	Pumpernickel Bread	+4.28	
Pork		-12.47	Quaker Oats		-17.65
Rabbit		-22.36	Rice, Polished		-17.96
Veal		-22.95	Rice, Unpolished		-3.18
Fish			Rye**		-11.31
Herring, Salted		-17.35	Rye Flour**		-0.72
Oysters	+10.25		Wheat, Refined		-8.32
Salmon		-8.32	Wheat, Whole		-2.66
Shellfish		-19.52	White Bread		-10.99
Whitefish		-2.75	Zweibach		-10.41
Eggs			Vegetables		
Eggs, Whole		-11.61	Asparagus	+1.10	
Eggs, White		-8.27	Artichoke	+4.31	
Eggs, Yolk		-51.83	Brussels Sprouts (fertilized)		-13.15
Milk & Milk Products			Cabbages	+4.02	
Butter, Cow		-4.33	Cauliflower	+3.09	
Buttermilk	+1.31		Chicory	+2.33	
Cream	+2.66		Dandelion	+17.52	
Lard		-4.33	Dill	+18.36	
Margarine		-7.31	Endives	+14.51	
Milk, Cow	+1.69		Green Beans (young, fresh)	+5.15	
Milk, Goat	+0.65		Kohlrabi Root	+5.99	
Milk, Human	+2.25		Leeks	+11.00	
Milk, Sheep	+3.27		Lettuce, Head	+14.12	
Milk, Skim	+4.89		Mushrooms	+1.80	
Swiss Cheese		-17.49	Red Cabbage	+2.20	
Grains and Grain Products			Red Onions	+1.09	
Barley		-10.58	Rhubarb	+8.93	
Black Bread		-8.54	Spinach	28.01	
Cakes (White Flour)		-12.31	String Beans (Fresh)	+8.71	
Cornmeal		-5.37	Watercress	+4.98	

*This information, published by Berg, is adapted from Arnold Ehret, *Prof. Arnold Ehret's Mucusless-Diet Healing System*, Ehret Literature Publishing Co., Beaumont, CA 92223, 1953, pp. 106-110. (We do not necessarily endorse Ehret's conclusions in that book.)

**Rye and rye flour would not be expected to have such different values. Possibly one or both of these entries is in error, or *Rye* here refers to a type of cereal or bread made partially from rye.

Name of Food	Plus or Acid- Binding	Minus or Acid-Forming	Name of Food	Plus or Acid- Binding	Minus or Acid-Forming
Root Vegetables			Nuts		
Black Radish, with Skin	+39.40		Acorns	+13.64	
Celery Roots	+11.31		Almonds		-2.19
Horseradish, with Skin	+3.06		Chestnuts		-9.62
Red Beets	+11.33		Coconut	+4.09	
Sugar Beets	+9.37		Hazelnuts		-2.08
Sweet Potatoes	+10.31		Walnuts		-9.22
White Potatoes	+5.90		Legumes		
White Turnips	+10.80		Beans, Dried		-9.70
Young Radish	+6.05		Lentils		-17.80
Fruits			Peanuts		-16.39
Apples	+1.38		Peas, Dried		-3.41
Apricots	+4.79		Soy Beans	+26.58	
Banana	+4.38		Candy		
Blackberries	+7.14		Sugar Cane	+14.57	
Cherries	+2.57		Rock Candy	+18.21	
Cucumbers	+13.50				
Currants	+4.43				
Dates, Dried	+5.50				
Figs	+27.81				
Grapes	+7.15				
Lemons	+9.90				
Olives	+30.56				
Oranges	+9.61				
Peaches	+5.40				
Pears	+3.26				
Pineapple	+3.59				
Plums	+5.80				
Pomegranates	+4.15				
Prunes	+5.80				
Pumpkins	+0.28				
Raisins	+15.10				
Raspberries	+5.19				
Sour Cherries	+4.33				
Strawberries	+1.76				
Sweet Cherries	+2.66				
Tangerines	+11.77				
Tomatoes	+13.67				
Watermelon	+1.83				