

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, Continued		
Bacon		-9.90	Rice, Polished		-17.96
Blood of Animals	+5.49		Rice, Unolished		-3.18
Chicken		-24.32	Rye		-11.31
Ham, Smoked		-6.95	Rye Flour		-0.72
Meat (Beef)		-38.61	Wheat, Refined		-8.32
Mutton		-20.30	Wheat, Whole		-2.66
Ox Tongue		-10.60	Grain Products		
Pork		-12.47	Black Bread		-8.54
Rabbit		-22.36	Cakes (White Flour)		-12.31
Veal		-22.95	Graham Bread		-6.13
Fish			Macaroni		-5.11
Herring, salted		-17.35	Pumpernickel Bread	+4.28	
Oysters	+10.25		White Bread		-10.99
Salmon		-8.32	Zweibach		-10.41
Shellfish		-19.52	Root Vegetables		
Whitefish		-2.75	Black Radish, with Skin	+39.40	
Eggs			Celery Roots	+11.31	
Eggs, Whole		-11.61	Horseradish, with skin	+3.06	
Eggs, White		-8.27	Red Beets	+11.33	
Eggs, Yolk		-51.83	Sugar Beets	+9.37	
Milk & Milk Products			Sweet Potatoes	+10.31	
Butter, Cow		-4.33	White Potatoes	+5.90	
Buttermilk	+1.31		White Turnips	+10.80	
Cream	+2.66		Young Radish	+6.05	
Lard		-4.33	Vegetables		
Margarine		-7.31	Asparagus	+1.10	
Milk, Cow	+1.69		Artichoke	+4.31	
Milk, Goat	+0.65		Brussels Sprouts (fertilized)	-13.15	
Milk, Human	+2.25		Cabbages	+4.02	
Milk, Sheep	+3.27		Cauliflower	+3.09	
Milk, Skim	+4.89		Chicory	+2.33	
Swiss Cheese		-17.49	Dandelion	+17.52	
Grains			Dill	+18.36	
Barley		-10.58	Endives	+14.51	
Cornmeal		-5.37	Green Beans (young, fresh)	+5.15	
Farina		-10.00	Kohlrabi Root	+5.99	
Oat Flakes		-20.71	Leeks	+11.00	
Oat Flour		-8.08	Lettuce, Head	+14.12	
Oats		-10.58			
Quaker Oats		-17.65			

*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.)

Name of Food	Plus or Acid- Binding	Minus or Acid-Forming
--------------	--------------------------	--------------------------

Vegetables, Continued

Mushrooms	+1.80	
Red Cabbage	+2.20	
Red Onions	+1.09	
Rhubarb	+8.93	
Spinach	28.01	
String Beans (fresh)	+8.71	
Watercress	+4.98	

Fruits

Apples	+1.38	
Apricots	+4.79	
Banana	+4.38	
Blackberries	+7.14	
Cherries	+2.57	
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	

Name of Food	Plus or Acid- Binding	Minus or Acid-Forming
--------------	--------------------------	--------------------------

Nuts

Acorns	+13.64	
Almonds		-2.19
Chestnuts		-9.62
Coconut	+4.09	
Hazelnuts		-2.08
Walnuts		-9.22

Legumes

Beans, Dried		-9.70
Lentils		-17.80
Peanuts		-16.39
Peas, Dried		-3.41
Soy Beans	+26.58	

Candy

Sugar Cane	+14.57	
Rock Candy	+18.21	