

Ragnar Berg's Tables*

Positive (acid binding)

Pumpkins	+0.28
Milk, Goat	+0.65
Red Onions	+1.09
Asparagus	+1.10
Buttermilk	+1.31
Apples	+1.38
Milk, Cow	+1.69
Strawberries	+1.76
Mushrooms	+1.80
Watermelon	+1.83
Red Cabbage	+2.20
Milk, Human	+2.25
Chicory	+2.33
Cherries	+2.57
Cream	+2.66
Sweet Cherries	+2.66
Horseradish, with skin	+3.06
Cauliflower	+3.09
Pears	+3.26
Milk, Sheep	+3.27
Pineapple	+3.59
Cabbages	+4.02
Coconut	+4.09
Pomegranates	+4.15
Pumpernickel Bread	+4.28
Artichoke	+4.31
Sour Cherries	+4.33
Banana	+4.38
Currants	+4.43
Apricots	+4.79
Milk, Skim	+4.89
Watercress	+4.98
Green Beans (young, fresh)	+5.15
Raspberries	+5.19
Peaches	+5.40
Blood of Animals	+5.49
Dates, Dried	+5.50
Plums	+5.80
Prunes	+5.80
White Potatoes	+5.90
Kohlrabi Root	+5.99
Young Radish	+6.05
Blackberries	+7.14

Grapes	+7.15
String beans (fresh)	+8.71
Rhubarb	+8.93
Sugar Beets	+9.37
Oranges	+9.61
Lemons	+9.90
Oysters	+10.25
Sweet Potatoes	+10.31
White Turnips	+10.80
Leeks	+11.00
Celery Roots	+11.31
Red Beets	+11.33
Tangerines	+11.77
Cucumbers	+13.50
Acorns	+13.64
Tomatoes	+13.67
Lettuce, Head	+14.12
Endives	+14.51
Sugar Cane	+14.57
Raisins	+15.10
Dandelion	+17.52
Rock Candy	+18.21
Dill	+18.36
Soy Beans	+26.58
Figs	+27.81
Spinach	+28.01
Olives	+30.56
Black Radish, with Skin	+39.40

Negative (acid producing)

Rye Flour	-0.72
Hazelnuts	-2.08
Almonds	-2.19
Whole Wheat	-2.66
Whitefish	-2.75
Unpolished Rice	-3.18
Dried Peas	-3.41
Butter, Cow	-4.33
Lard	-4.33
Macaroni	-5.11
Cornmeal	-5.37
Graham Bread	-6.13
Ham, Smoked	-6.95

Margarine	-7.31
Oat Flour	-8.08
Eggs, White	-8.27
Salmon	-8.32
Refined Wheat	-8.32
Black Bread	-8.54
Walnuts	-9.22
Chestnuts	-9.62
Dried Beans	-9.70
Bacon	-9.90
Farina	-10.00
Zweibach	-10.41
Barley	-10.58
Oats	-10.58
Ox Tongue	-10.60
White Bread	-10.99
Rye	-11.31
Eggs, Whole	-11.61
Cakes (White Flour)	-12.31
Pork	-12.47
Brussels Sprouts (fertilized)	-13.15
Peanuts	-16.39
Herring, salted	-17.35
Swiss Cheese	-17.49
Quaker Oats	-17.65
Lentils	-17.80
Polished Rice	-17.96
Shellfish	-19.52
Mutton	-20.30
Oat Flakes	-20.71
Rabbit	-22.36
Veal	-22.95
Chicken	-24.32
Meat (Beef)	-38.61
Eggs, Yolk	-51.83

*This information, published by Ragnar 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.)