



COLOR KEY

Alkaline forming
Acid forming

Proper Foods & Combinations Chart

COMBINATIONS KEY

All combinations are acceptable unless marked "poor".

SUGARS

artificial sweeteners
beet
brown
cane
corn syrup
honey (raw)
maple syrup
molasses
sorghum
sorghum
turbinado

High Starch

agar
artichoke (globe)
bamboo shoots
beets
carrots
chestnuts
lima beans
parsnip
peas
potato
pumpkin

rutabaga
sprouted grains
winter squash
yams

beans-canned, cooked
breads (except sprouted)
cereals (hot & cold)
flours (incl. Corn meal)
grains (non-sprouted)
jerusalem artichoke
pastas

Sweet Fruit

Banana; speckled
currant
date
figs (black)
papaya
persimmon
prune
raisin
sapote

Acid Fruit

grapefruit
kiwi
kumquat
lemon
lime
orange
pineapple
pomegranate
strawberry

Low Starch

alfalfa	garlic
asparagus	Ginger; dry
avocado	green beans
bok choy	greens
broccoli	guava
cabbages	herbal teas
cauliflower	horseradish
celery	kale
chicory	kelp
chives	kohlrabi
coconut	leek
milk	lettuces
collards	okra
corn; fresh	Olivs; sun
cucumber	dried
daikon	onion
dandelion	parsley
eggplant	peppers
endive	quince

Sub-Acid Fruit

rhubarb
sapodilla
sauerkraut
sorrel/dock
spinach
string beans
swiss chard
tamari
turnips
watercress
yeasts

brussel sprouts
Ginger (preservd.)
mushrooms
sweet potatoes
summer squash
waterchestnuts

apple
apple cider
apricot
berries
cherimoya
cherries
grapes
loquat
lychee
mango
nectarine
peach
pear
plum
blueberry
plum (Damson)

High Proteins

animal flesh/organs
cheese
eggs
fish
legumes/beans (dried)
milk products
nuts (incl. coconut)
seeds

All combine mildly with low starch.
(All are acid-forming except almonds,
sprouts, raw milk products, and yogurt-live culture)

These 2 groups

are very difficult to mix with each other, and groups outside this box. PROTEINS are the only group that should not be intermixed. Please note exceptions under PROTEINS.

Melons

canary	crenshaw
cantaloupe	honeydew
casaba	musk
christmas	persian
	watermelon

Oils & Fats

almond
animal
avocado
butter
coconut
corn
cream
grapeseed
flax
macadamia
olive
pistachio
safflower
sesame
soy
sunflower
wheat germ
(all oils preferably cold-pressed)