

- [A.R.E. \(/\)](#) ▶ [The Readings \(/the-readings/his-readings/\)](#) ▶ [Health and Wellness \(/the-readings/health-and-wellness/\)](#)
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THE EDGAR CAYCE HEALTH DATABASE

ACID-FORMING & ALKALINE-FORMING FOODS

It must be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Those fruits marked with an * should not be eaten with other foods. They are acid externally but alkaline internally.

ALKALINE FRUITS

- ▶ Apples/cider
- ▶ Apricots
- ▶ Avocados
- ▶ Bananas
- ▶ Berries (most)
- ▶ Cantaloupe
- ▶ Carob (pod only)
- ▶ Cherries
- ▶ Citron
- ▶ Currants
- ▶ Dates
- ▶ Figs
- ▶ Grapes

ACID FRUITS

- ▶ All preserves
- ▶ All canned with sugar
- ▶ Blueberries
- ▶ Cranberries
- ▶ Dried-sulphured, glazed
- ▶ Olives (Pickled)
- ▶ Plums
- ▶ Prunes

- ▶ *Grapefruit
- ▶ Guavas
- ▶ *Kumquats
- ▶ *Lemons (ripe)
- ▶ *Limes
- ▶ Loquats
- ▶ Mangos
- ▶ Nectarines
- ▶ Olives (ripe)
- ▶ *Oranges
- ▶ Papayas
- ▶ Passion Fruit
- ▶ Peaches
- ▶ Pears
- ▶ Persimmons
- ▶ Pineapple (fresh)
- ▶ Pomegranates
- ▶ Melons (all)
- ▶ Raisins
- ▶ Sapotes
- ▶ Tamarind
- ▶ *Tangerines
- ▶ Tomatoes (fully ripened)

ALKALINE VEGETABLES

- ▶ Alfalfa sprouts
- ▶ Artichokes
- ▶ Asparagus
- ▶ Bamboo shoots
- ▶ Beans (green, lima, wax, string)
- ▶ Beets
- ▶ Broccoli
- ▶ Cabbages
- ▶ Carrots
- ▶ Celery
- ▶ Cauliflower
- ▶ Chard
- ▶ Chicory
- ▶ Com
- ▶ Cucumber
- ▶ Dill
- ▶ Dock
- ▶ Dulse
- ▶ Eggplant
- ▶ Endive
- ▶ Escarole
- ▶ Garlic

ACID VEGETABLES

- ▶ Asparagus tips (white only)
- ▶ Beans (dried)
- ▶ Garbanzos
- ▶ Lentils

- ▶ Horseradish
- ▶ Jerusalem artichokes
- ▶ Kale
- ▶ Leeks
- ▶ Lettuce
- ▶ Mushrooms
- ▶ Okra
- ▶ Onions
- ▶ Oyster plant
- ▶ Parsley
- ▶ Parsnips
- ▶ Peas
- ▶ Peppers (bell)
- ▶ Potatoes (skin is best part)
- ▶ Pumpkin
- ▶ Radish
- ▶ Romaine lettuce
- ▶ Rutabagas
- ▶ Sauerkraut
- ▶ Soybeans
- ▶ Spinach
- ▶ Sprouts
- ▶ Squash
- ▶ Turnips
- ▶ Watercress

▶ Yams, sweet potatoes

ALKALINE DAIRY

- ▶ Acidophilus milk
- ▶ Buttermilk
- ▶ Milk (raw only -- human, cow, or goat)
- ▶ Whey
- ▶ Yogurt

ACID DAIRY

- ▶ Butter
- ▶ Cheese (all)
- ▶ Cottage cheese
- ▶ Cream
- ▶ Custards
- ▶ Margarine
- ▶ Milk (boiled, cooked, malted, dried, canned)

ALKALINE GRAINS

- ▶ Amaranth
- ▶ Quinoa
- ▶ Buckwheat & millet are thought to be either neutral or alkaline.

ACID GRAINS

- ▶ All grains and grain products except buckwheat & millet

ALKALINE, MISC.

- ▶ Agar
- ▶ Coffee substitute
- ▶ Honey
- ▶

ACID MISC.

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- See The
- ▶ Alcoholic drinks
 - ▶ Cocoa
 - ▶ Coffee, Indian teas
 - ▶

Kelp (edible)

- ▶ Tea (herbal & Chinese)
- ▶ Egg yolks

Condiments (all)

- ▶ Dressings
- ▶ Drugs
- ▶ Eggs (whites)
- ▶ Flavorings
- ▶ Mayonnaise
- ▶ Tapioca
- ▶ Tobacco
- ▶ Vinegar

Basic Cayce Diet

(<http://www.edgarcayce.org/are/holistic-health.aspx?id=9609>)

Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in the Cayce Health Database.