

Food TABLES

with

Acid - ALKALI VALUES of SERVINGS COMMONLY USED

by

Glytie Sweet

for

MARTHA R. JONES TRUST FUND

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TODAY'S DILEMMA

Evidence abounds that diets consisting of premium quality foods chosen in accordance with the generally accepted "BASIC GUIDE TO GOOD EATING" may and may NOT promote optimal health and resistance to dental disease.

All foods in their natural forms contain minerals- acids and alkalis. If, after the food has been burned to an ash, acid elements are in excess, it is said to be potentially acid in reaction. If alkalis are in excess, the food is said to be potentially alkaline. If acids and alkalis equal each other, potentially neutral.

The human body might be said to be an acid-making factory. Beating of the heart, breathing, movement of muscles, etc. make acids which are being continually emptied into the blood stream whether one is asleep or awake. Emotions as fear, anger, excitement over a fire, riot or ball game, etc., and STRESS of any kind make acids, as do ultraviolet radiation, exercise and acid-ash diets. Because the body cannot tolerate even a minute amount of free acid, it must be neutralized instantly.

Though the animal body is equipped with elaborate buffering and "stand-by" mechanisms for maintaining its neutrality, its dependence for fixed alkalis is on food and water. Hence the necessity of choosing a diet that is relatively high in potential alkalinity, making sure that it contains enough fixed alkali to take care of one's ordinary needs, and to maintain a RESERVE in blood plasma sufficient for emergencies, as well, much as commercial banks maintain a reserve of dollars for their own protection.

Martha R. Jones

Martha R. Jones, PhD

EXCESS ALKALI IN SERVINGS OF SOME COMMONLY USED VEGETABLES

GREEN --- LEAFY

	Wt.	Meas.	Cal.	Prot	Calc	Iron	A	C	Alkali
Beet greens, ck.	100	1/2 Cup	27	2.0	118*	3.2	7440	15	(27.0)
Turnip greens, ck.	73	1/2 C. grs. sm. amt. wat.	22	2.1	118	1.8	7685	44	(27.0)
Mustard greens, ck.	100	1/3-1/2 C.	22	2.3	220	2.9	7180	45	(27.0)
Spinach ck.	100	1/2 C.	23	2.8	111*	1.8	10,600	27	(27.0)
" canned, drained	90	1/2 C.	23	2.8	111*	1.8	6870	13	(27.0)
Dandelion, raw	100	1/2 C. when cooked	44	2.7	187	3.1	13650	36	19.5
" cooked	90	1/2 C.	40	2.5	168	2.8	13650	15	17.6
Chard, leaves only, raw	100	1/3-1/2 C. when ck.	27	2.6	105*	2.5	8720	38	(16.)
" " cooked	88	1/2 C.	24	2.3	92*	2.2	8480	15	(12.0)
Endive, raw	100	2/3 long small inner	20	1.6	79	1.7	3000	11	9.0
Cross-garden ck. sm. amt. wat.	90	1/2 C.	37	3.8	190	2.6	2870	35	(0.0)
" -water raw	100	80-100 sprigs	18	1.7	195	2.0	4720	77	7.5
Leeks, raw	100	3-4, 5" long	40	2.5	58	.7	1000	15	7.0
Collards, raw	100	1/2 C. when cooked	40	3.9	249	1.6	6870	100	5.0
" ck. sm. amt. of water	100.	1/2 C.	40	3.9	249	1.6	7630	44	5.0
Kale, ck.	50	1/2 C. scant	20	2.0	113	1.1	4190	26	4.9
Escorale, raw	50	2 large leaves	10	.8	40	.9	(5000)	6	(4.5)
Cabbage, ck.	85	1/2 C.	20	1.2	39	.4	75	27	3.7
" raw, head shredded	50	1/2 C. shredded	12	.7	23	.3	40	25	2.2
" coleslaw	84	2/3 C.	68	2.3	53	.5	200	(12)	2.7
Lettuce, head raw	50	2 1/2 5 small	7	.6	11	.2	270	4	3.0
Chickory raw	25	10 sm. inner leaves	5	.4	20	.4	750	3	2.3
Romaine lettuce raw	10	1 lg. 2 small	2	.1	6	.1	162	2	0.8

*GREEN- OTHER THAN LEAFY

Beans, Lima green, ck.	80	1/2 C.	76	4.3	23	1.4	230	12	10.5
" , snap, green ck.	125	1 C. ck. sm. amt wat.	27	1.8	45	.9	830	18	4.1
Celery, ck.	65	1/2 C. diced	12	.9	33	.3	0	3	5.6
" raw, bleached	50	3 sm. inner, 5" lg.	9	.6	25	.2	0	4	4.2
Broccoli ck.	100	1 lg stk, or 2/3 C	29	3.3	130	1.3	3400	74	4.0
Cucumber raw	50	1/2 med. (6-8 sl. pcs.)	6	.4	5	.2	0	4	4.0
Asparagus, ck.	100	2/3 C. cut pieces	20	2.4	19	1.0	1040	23	3.0
Squash, summer, ck.	100	1/2 C. scant, diced	16	.6	15	.4	260	11	1.0
Okra ck	85	8 pod, 3" long	28	1.5	70	.6	630	17	2.2
Pepper, green, raw	75	1 shell, empty, 3 1/2" L	39	.9	8	.3	453	90	1.3
" " ck.	65	" -nofilling	17	.8	7	.3	481	64	1.2
Peas, green ck.	80	1/2 C.	56	3.8	18	1.5	575	12	0.7
Brussel Sprouts ck.	70	1/2 C., 5-6	33	3.1	24	.9	280	33	0.7

() -Tentative

*-Calcium may not be available due to oxalic acid

TABLE II
ALKALI EXCESS IN SERVINGS OF SOME COMMONLY USED VEGETABLES
YELLOW VEGETABLES

	Wt.	Meas.	Cal.	Prot.	Calc.	Iron	A	C	Alk. A	Alk. B
Sweet Potato, baked	180	large, peeled	274	4.0	67	1.6	17118	41	13.2	
" " boiled	200	med. "5" X 2"	183	1.1	44	1.1	11410	28	7.2	
		1 lge. 5 x 2 1/2"	246	3.6	60	1.4	15400	40	12.0	
Carrot, raw,	100	1 lg, 2 sm. shredded	42	1.2	39	.8	12000	(6)	10.0	
" ck.	75	1/2 C. diced	23	.5	20	.5	9375	3	5.2	
Beans, snap, yellow-wax	125	1 C. ck. sm. amt wat.	27	1.8	45	.9	198	18	4.1	
* -----										
Corn, yellow	140	1 ear, 5" x 1 3/4	84	2.7	5	.6	390*	8	(3)	Alk. C
*=yellow only										
<u>OTHER VEGETABLES</u>										
White										
Potato - lge. baked	150	3 1/2" diam.	147	3.6	20	1.2	30	26	15.9	
" hash browned	100	1/2 C.	241	3.3	18	1.2	30	7	14.9	
" French fried	50	10 pieces	197	2.7	15	1.0	25	14	12.2	
" mashed with milk, raw	100	1/2 C plus 2 lg T.	123	2.1	27	0.6	260	7	9.6	
" boiled, unpeeled	100	2 1/2" diam.	83	2.0	11	0.7	20	15	9.0	
Beets, raw, no peel	100	2, 2" diam.	42	1.6	27	1.0	20	10	10.9	
" cooked	83	1/2 C. diced	34	0.8	18	0.6	15	5	8.7	
Tomato, raw	200	large	40	2.0	22	1.2	2200	46	10.0	
" "	150	medium	30	1.5	17	0.9	1650	34	7.5	
" "	100	small	20	1.0	11	0.6	1100	23	5.0	
Beans, canned - pork, molasses	130	1/2 C.	162	7.5	73	2.7	45	3	(9.0)	
Kolrabi, cooked	75	1/2 C.	23	1.6	35	0.5	tr	28	8.3	
Celeriac, raw	100	4-6 lg. celery root	38	1.7	47	0.8	-	-	8.8	
Parsnips, cooked	78	1/2 C.	47	0.8	44	0.6	0	10	6.0	
Rutabagas, cooked	80	1/2 c. cubed	26	0.6	44	0.3	280	17	6.8	
Mushrooms, canned	122	1/2 C. solids & liq.	14	1.7	(9)	(1.0)	0	(0)	3.8	
Squash, winter, baked	100	1/2 C.	47	1.9	24	0.8	6190	7	3.0	
" " boiled	100	1/2 C. scant, mashed	38	1.5	19	0.6	4950	5	3.0	
Lamb's quarter (pigweed)	100	1/2 C. cooked	45	3/8	156*	3.0	10000	109	2.5	
Cauliflower, raw, cooked	160	1/2 C. flower pcs.	25	1.5	13	0.7	54	17	1.2	
" raw, cooked	100	1/2 C.	25	2.5	22	1.1	90	69	2.0	
Onion - raw - mature	100	1 onion, 2 1/4" diam	45	1.4	32	0.5	50	9	1.0	
" cooked	100	1/2 C. (2-3 small)	38	1.0	32	0.5	50	6	(0.1)	
<u>DRIED BEANS</u>										
Lima, dried seeds	100	5/8 C. dried seeds	333	20.7	68	7.5	0	2	30.	
" baked - with bacon	115	5/8 C.	276	11.1	34	3.6	0	0	(12.)	
Pinto, red Mex. raw	100	1/2 C. dry	349	23.0	163	6.9	0	2	(18.)	
Red Kidney - dry	100	1/2 C. dry	336	23.1	163	6.9	0	2	(18.)	
Navy, pea bean dry	100	1/2 C. scant dry	338	21.4	163	6.9	0	2	(18.)	

TABLE III

EXCESS ALKALI IN SOME COMMONLY USED BEVERAGES

	Wt.	Meas.	Cal.	Prot.	Calc.	Iron	A	C	No. Alk
Milk, whole	244	8 oz.	166	8.5	288	0.2	390	3	4.0
" skin	246	8 oz.	87	8.6	303	0.2	10	3	4.0
" buttermilk	244	8 oz.	86	8.5	288	0.2	10	3	4.0
" chocolate	250	8 oz.	185	8.0	272	0.2	230	2	4.0
Chocolate milk shake	345	8 oz. milk	421	11.2	363	0.9	687	4	4.0
" malted milk shake	365	8 oz milk	502	13.1	420	1.3	891	4	4.0
Chocolate- all milk	208	1 C (6 oz milk)	208	6.8	222	0.5	295	2	3.0
" - half milk	220	1 C (3 oz milk)	346	3.6	314	0.4	148	1	1.0
Cocoa - all milk	200	1 C. (6 oz. milk)	374	6.9	224	0.9	295	2	3.0
Cider - sweet	187	6 oz glass	94	0.2	11	0.9	75	2	(2.0)
Lemonade	294	1oz.lem; 8 oz wat.	104	0.2	4	tr	0	15	1.0

EXCESS ALKALI IN SOME COMMONLY USED DESSERTS

Indian Pudding		1 serv, 2/3 C.	161	5.5	221	1.4	395	(0)	9.0
Shortbread: peach (biscuit)	150	1 sm. bis; 1 peach	266	3.2	31	1.2	1109	(8)	6.0
" raspberry	160	" 1C. berries	290	4.2	72	1.7	389	(29)	4.0
" blackberry	149	1/2 cake, 1/2 C. ber.	347	4.6	105	0.9	490	(30)	2.0
" strawberry	175	1 med. bix. 1 C ber.	399	4.8	73	2.0	429	(89)	1.0
Pie - peach	165	1/6 of medium pie	406	3.9	14	0.9	1052	(4)	6.0
" raisin	120	"	437	4.6	47	2.0	27	(0)	5.0
" cherry	160	"	360	4.3	36	0.6	601	2	4.0
" pumpkin	150	"	330	6.7	103	2.2	2278	(0)	4.0
Bavarian creme-orange	240	1 serving	289	4.1	62	0.4	790	61	4.0
Pudding - rice, raisin	345	3/4 C.	249	6.8	205	0.6	265	2	4.0
" bread-raisin	365	"	314	8.9	191	1.7	457	tr	3.0
" cornstarch-Blanc M.	125	1/2 C.	152	4.2	144	0.1	195	(0)	2.0
Gingerbread (hot wat. egg)	57	1 sm. 2 x 2 x 2	206	2.2	45	1.4	69	0	2.0
Cookie-molasses	15	1 (from 80 ,) of 5C. fl	71	0.8	15	0.5	14	0	0.0

EXCESS ALKALI IN SERVINGS OF SOME COMMONLY USED SYRUPS

Sugar cane molasses (second extraction)	40	1 oz (2 T)	92	-	116	2.4	-	-	14.0
Maple syrup (pure)	40	1 oz (2 T)	100	0	66	1.2	(0)	(0)	6.0
Honey, strained	42	1 oz (2) T	124	0.2	2	0.4	(0)	(2)	0.0
Corn syrup	40	1 oz (2 T)	114	0	18	1.6	0	(0)	(0.0)

TABLE IV

EXCESS ALKALI IN SOME COMMONLY USED FRUITS

FRESH FRUITS

	Wt.	Meas.	Cal.	Prot.	Calc	Iron	A	C	Nec Alkali
Watermelon	600	1 sl, 6 x 1 1/2"	168	3.0	42	1.2	3540	36	22.8
"	100	1/2 C balls or diced	28	.5	7	0.2	590	6	3.3
Banana	150	1 medium	132	1.8	12	0.9	645	15	11.0
"	200	1 large	176	2.4	16	1.2	860	20	15.0
Grapefruit	180	1 med. 4 1/2" diam.	72	0.9	40	0.4	tr	72	10.0
"	100	1/2 small, 3 3/4 diam.	40	0.5	22	0.2	tr	40	6.0
Avocado	100	1/2 small pear	245	1.7	10	0.6	290	16	10.7
Papaya	185	1/2 med. 2/5 C pulp	72	1.1	37	0.6	3238	104	10.7
Honeydew melon	150	1 pc 2 x 7, 6 1/2" mel.	48	0.8	(26)	(0.6)	60	34	10.5
Cantalope	150	1/2 of 4 1/2" melon	30	0.9	25	0.6	5130	50	7.0
Orange, whole E.P	150	1 med. #200's, 3" diam.	68	1.4	50	0.6	(285)	74	7.5
"	235	1 large #126's, 3 3/7 D.	106	2.1	78	0.9	(447)	115	11.0
"	100	sm. #288's, 2 1/2" diam.	45	0.9	33	0.4	(190)	49	5.0
Peach	100	1 med.	46	0.5	8	0.6	880	8	7.0
Cherries, sweet	100	15 lg, or 20-25 sm	61	1.1	18	0.4	620	8	7.0
Figs	100	2 lg. 3 small	79	1.4	54	0.6	80	2	6.9
Apricot	100	2-3 med.	51	1.0	16	0.5	2790	7	6.0
Pineapple	100	1/2-2/3 C	52	0.4	16	0.3	130	24	6.5
"	84	1 sl. 3 3/4 x 3/4	44	0.3	13	0.3	110	20	5.5
Nectarine	100	2 med.	60	0.5	4	0.15	1500	24	6.2
Grapes-Amer. variety	100	1 bn. #2-24	70	1.4	17	0.6	80	4	6.0
Raspberries-red	100	3/4 C.	57	1.2	40	0.9	130	24	6.0
Apple, whole A.P.	150	1 med.	76	0.4	8	0.4	120	6	5.7
" whole, baked	115	1 large. 2 & sug.	213	0.6	12	0.6	(180)	(2)	8.7
Loganberry	100	2/3 C.	62	1.0	35	1.2	(200)	24	5.0
Blackberry	100	5/8 C.	57	1.2	32	0.9	200	21	5.0
Lemon	100	1 med.	32	0.9	40	0.6	0	50	4.0
Strawberries	100	10 large	37	0.8	28	0.8	60	60	3.5
Pear	100	1 medium	63	0.7	16	0.3	20	4	3.3
Olive ripe									
<u>CANNED FRUITS</u>									
Peach, syrup pack	100	2 halves, 1 T ju.	68	0.4	5	0.4	450	4	8.0
Grapefruit " "	125	1/2 C. sec and liq.	90	0.8	16	0.4	tr	38	5.3
Pineapple, " "	130	1/2 C. crushed	102	0.5	38	0.8	105	12	4.5
" " "	100	1 lg, or 2 sm sl/	78	0.4	29	0.6	80	9	3.5
Cherries, sweet ""	100	1/2 C. red	105	0.6	11	0.3	430	3	4.3
Blackberries, ""	125	1/2 C.	108	0.9	23	0.9	230	8	4.4
Figs in sirup pack	100	3 figs, 2 t. ju.	113	0.8	35	0.4	50	tr	4.1
Apricots " "	100	4 hv. 2 T ju.	80	0.6	10	0.3	1350	4	4.0
Raspberries, red "	100	1/2 C.	101	0.7	24	0.5	70	10	3.6
Fruit cocktail	100	6 T. fruit & j.	70	0.4	9	0.4	160	2	3.3
Applesauce, sweetened	127	1/2 C.	92	0.3	5	0.5	40	1-2	2.4
Pears in syrup	100	2 hv. 1 T ju.	68	0.2	8	0.2	tr	2	2.0
Cranberry sauce: * Acid		Plums *							
* Undigestible		organic acids							
<u>DRIED FRUITS</u>									
Apricots, dried, sulphur.	30	4-6 hv.	79	1.6	26	1.5	2229	4	10.9
Figs	30	2 small	81	1.2	56	0.9	24	0	10.8
Peaches	16	3 halves	44	0.5	7	1.1	541	3	7.0
Raisins	160	1 C.	429	3.7	126	5.3	80	tr	24.0
"	20	1 oz/	54	.4	15	.6	12		3.0
Dates	30	3-4 pitted	85	0.6	22	0.6	18	0	2.0

TABLE V

EXCESS ACID IN SERVINGS OF COMMONLY USED FOODS

MEAT

Fresh, cooked

	Wt.	Meas.	Cal.	Prot.	Calc.	Iron	A	C	ACID
Heart, av. braised	105	1/3 heart & gravy	130	20.3	11	5.5	30	(0)	26.5
Liver, beef, fried	74	2 slices 3x 2 1/4 x 3/8	172	17.5	7	5.8	373	15 (20)	24.7
Chicken, fryer, br. fried	96	1/2 breast (4 oz. raw)	232	26.8	19	1.3	460	0	23.6
" broiler	85	1/2 bird, no bone	232	22.4	18	1.8	230	0	20.0
" fryer, leg, fried	80	2 sm legs, no bone	126	20.9	14	1.9	322	0	18.3
" hen, stewed	100	1 med. thigh, or 1/2 br.	207	26.5	16	1.6	(0)	(0)	17.8
Turkey, av. roasted	100	3 slices, 3 1/2 x 2 1/2 x 1/2	200	30.9	30	5.1	0-20		21.0
Beef- round	92	1 pc. 4x3x3/8, cubed	214	24.7	10	3.1	0	0	19.0
" porterhouse st.	85	sm. broiled & gravy	291	19.6	9	2.6	0	0	15.7
" " steak	150	1 ge. " "	531	34.5	17	4.5	0	0	27.7
" club steak, broil.	120	1 lge. pc. steak	410	27.6	13	3.6	0	0	21.7
" flank	80	1 pc 4x2 1/2 x 1/2	251	20.0	9	2.4	0	0	17.3
" sirloin, no bone, br.	85	1 pc 4x2 1/2 x 1	252	19.6	9	2.5	0	0	16.3
" rib, roasted	90	3 sl. 3x2 1/2 x 1/2	287	21.6	9	2.7	0	0	16.0
" chuck, pot. roasted	80	4x1 1/2 x 1	247	20.8	9	2.5	0	0	15.0
" shank, soupmeat	100	3x2 1/2 x 5/8	168	20.3	12	3.0	0	0	15.0
" hamburger	82	1g. patty (1/2 lb)	300	18.2	11	2.7	0	0	13.6
" "	68	med " (1/5 lb)	246	14.6	8	2.2	0	0	10.9
Kidney, av. stewed	93	3 sl. 3 1/2 x 2 1/2 x 1/2	169	18.0	11	9.5	0	0	18.4
Veal, cutlet, breaded	92	av. serv. baked	217	23.8	22	3.0	0	0	16.5
" loin chop, fried	85	1 medium	186	21.8	10	3.0	0	0	14.0
Lamb, breast, stewed	95	6 pc. 2x1x3/8	274	15.6	10	2.4	0	0	14.1
" leg, roasted	75	2 slices 3x3 1/2 x 1/8	206	18.0	8	2.3	0	0	13.9
" rib chop, fried	70	2 rib chops	256	15.8	8	2.2	0	0	13.0
Pork, shoulder, roasted	80	2 sl. 4x2x1/2	320	19.2	9	2.0	0	0	13.9
" loin chop, fried	70	1 med. chop	233	16.1	8	2.1	0	0	11.0
Ham, fresh	85	2 sl. 4x3x1/8	340	21.4	9	2.6	0	0	12.9
" , smoked	60	2 sl. 4x2 1/2 x 1/8	238	13.8	6	1.7	0	0	9.1
Bacon, med. broil. or frd.	7	1 strip, drained	48	1.8	3	0.2	0	0	1.5

FISH AND SIMILAR FOODS, cooked or canned

Crab, canned or cooked	100	5/8 C. flakes	104	16.9	45	0.9	0	0	39.5
Tuna, drained, solids, can.	100	5/8 C. solids	198	29.0	(8)	1.4	80	0	22.0
Salmon, Pac. baked	95	1 serv (4oz before ck)	291	21.2	23	0.6	460	0	20.4
" sockeye, red, can.	100	2/3 C	173	20.2	259	1.2	230	0	18.0
Halibut, steak	90	1 serv. (1/2 lb)	205	21.0	15	0.8	497	0	18.6
Lobster, can.	100	2/3 C. meat	92	18.4	65	0.4	-	0	13.8
Bass, average	115	1 serv, 3x3x1/2	287	23.6	96	1.2	97	0	12.3
Oysters, fried	135	6 oysters	412	15.1	134	6.4	1539	0	10.8
Shrimp, canned, drained	50	4-6	64	13.4	58	1.6	30	0	6.9

TABLE VI

EXCESS ACID IN SOME COMMONLY USED BREADS, MUFFINS, ROLLS

	Wt.	Meas.	Cal.	Prot.	Calc.	Iron	A	C	ACID
<u>Bread</u> -Whole wheat	23	1 slice, plain	55	2.1	22	0.5	0	0	1.4
Corn, spoon	96	1 serv. (4 from 1/2 C)	m.199	8.7	159	1.1	660	0	1.4
Rye, American	23	1 slice, plain	57	2.1	17	0.4	0	0	1.2
Cracked Wheat, en.	23	" "	60	2.0	19	0.5	0	0	1.0
French, enriched	20	" ", av.	54	1.6	5	0.4	0	0	1.0
White, enriched	23	" "	63	2.0	18	0.4	0	0	(1.1)
Raisin "	23	" "	65	1.6	18	0.4	tr	0	0.8
Cornbread(south.)	45	1 pc 2" square	139	3.2	29	0.7	229	0	0.5
<u>Muffin</u> - white fl.	40	1(12 from 20. fl)	120	3.2	30	0.7	193	0	1.7
whole wheat fl.	40	"	120	3.4	33	0.7	193	0	1.5
bran	35	1 medium	106	2.9	32	0.7	193	0	1.4
corn	45	1 medium	128	3.1	30	0.7	220	0	0.6
<u>Bun</u> -Hotcross	35	1 average	120	2.6	19	0.6	139	0	1.8
raisin, cin.	60	1 " gr	183	3.3	35	1.2	210	0	0.4
<u>Roll</u> - whole wheat	35	no milk, butter	98	2.8	7	0.7	(0)	0	1.9
cloverleaf	35	one	122	3.1	28	0.7	109	0	1.6
Parkerhouse	30	one	81	2.1	26	0.5	73	0	1.1
hard, white	35	1 av. no milk or but.	95	2.8	8	0.6	(0)	0	0.9
EXCESS ACID IN SOME COMMONLY USED DESSERTS									
<u>Belair</u> , Choc. icing	110	lav. custard fill.	316	7.6	90	1.3	730	0	3.6
" or cream puff,	105	1 av. whip. cream	296	3.9	48	0.7	1121	0	2.7
" custard	150	1/6 of med. pie	266	7.6	111	0.8	305	0	2.5
apple	160	"	377	3.8	11	0.5	156	0	0.1
<u>Cake</u> -foundation, wh, ice	90	1 pc 3x2x1/3/4	291	3.8	83	0.3	445	0	1.5
<u>Cupcake</u> - white	55	1-med. white boil ice	229	2.5	18	0.2	239	0	1.8
<u>Custard</u> - baked	157	1(4 from 1pt milk)	205	8.8	163	1.1	607	0	1.8
<u>Cookies</u> -assorted	25	one, 3" diam.	109	1.5	6	0.2	0	0	1.0
" brownies	30	1 pc. 2x2x3/4	141	1.8	11	0.5	226	0	1.2
EXCESS ACID IN SOME COMMONLY USED EGGS AND DAIRY PRODUCTS									
<u>Egg</u> - whole	54	boiled - one	77	6.1	26	1.3	550	0	7.7
raw, white	31	1 med. average	153	3.3	2	0.1	0	0	1.9
" yolk	17	"	61	2.8	25	1.2	550	0	5.8
<u>Cottage Cheese</u>									?
<u>Cheddar Cheese</u>									?
EXCESS ACID IN SOME COMMONLY USED NUTS									
<u>Almond</u> , salted									
Walnuts, black	15	8-10 halves	94	2.7	-	0.9	11	0	1.2
Pecans, shelled	15	12 hav. (2T. chop)	104	1.4	11	0.4	8	0	1.1
Filberts	15	10-12	95	1.9	43	0.6	41	0	0.9
Peanuts, roasted	15	15-17	84	4.0	11	0.3	0	0	0.9
Peanut butter	15	1 T. scant	86	3.9	11	0.3	0	0	0.7
Walnuts- English	15	8-15 halves	98	2.3	12	0.3	5	tr	1.3
" "	8	1 T. chopped	49	1.1	6	0.2	2	tr	0.7

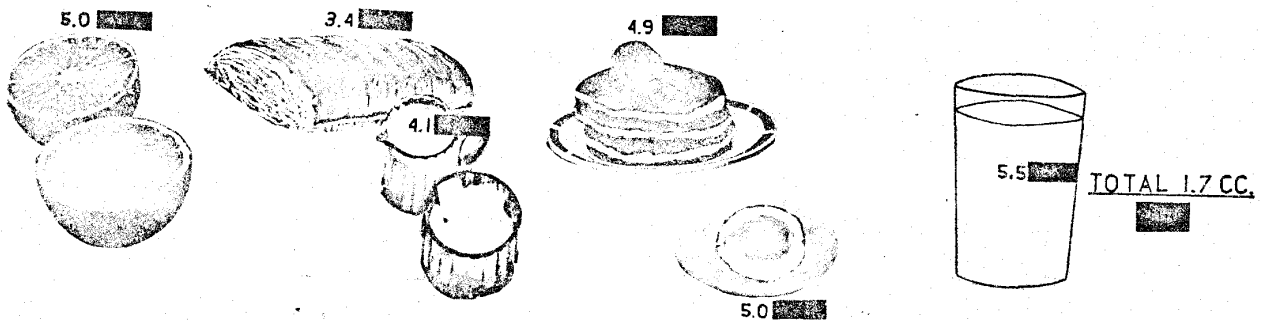
PLENTY OF PROTEIN, MINERALS AND VITAMINS
NOT ENOUGH ALKALI

83% OF CHILDREN WITH ACTIVE TOOTH DECAY

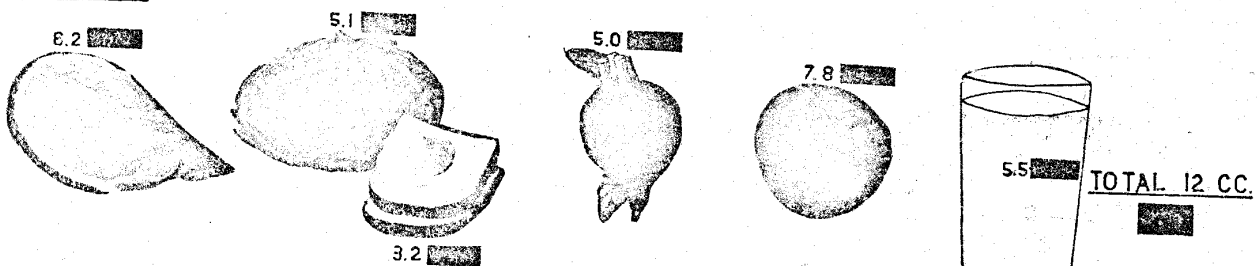
EXCESS ACID

EXCESS ALKALI

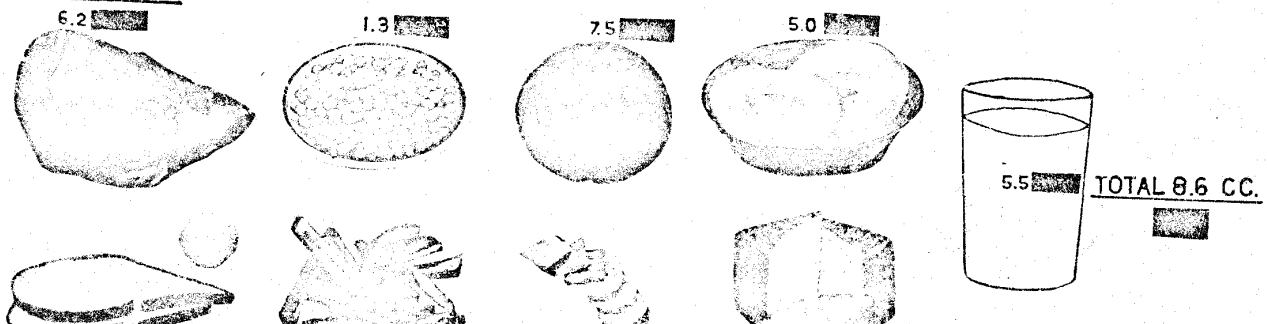
BREAKFAST



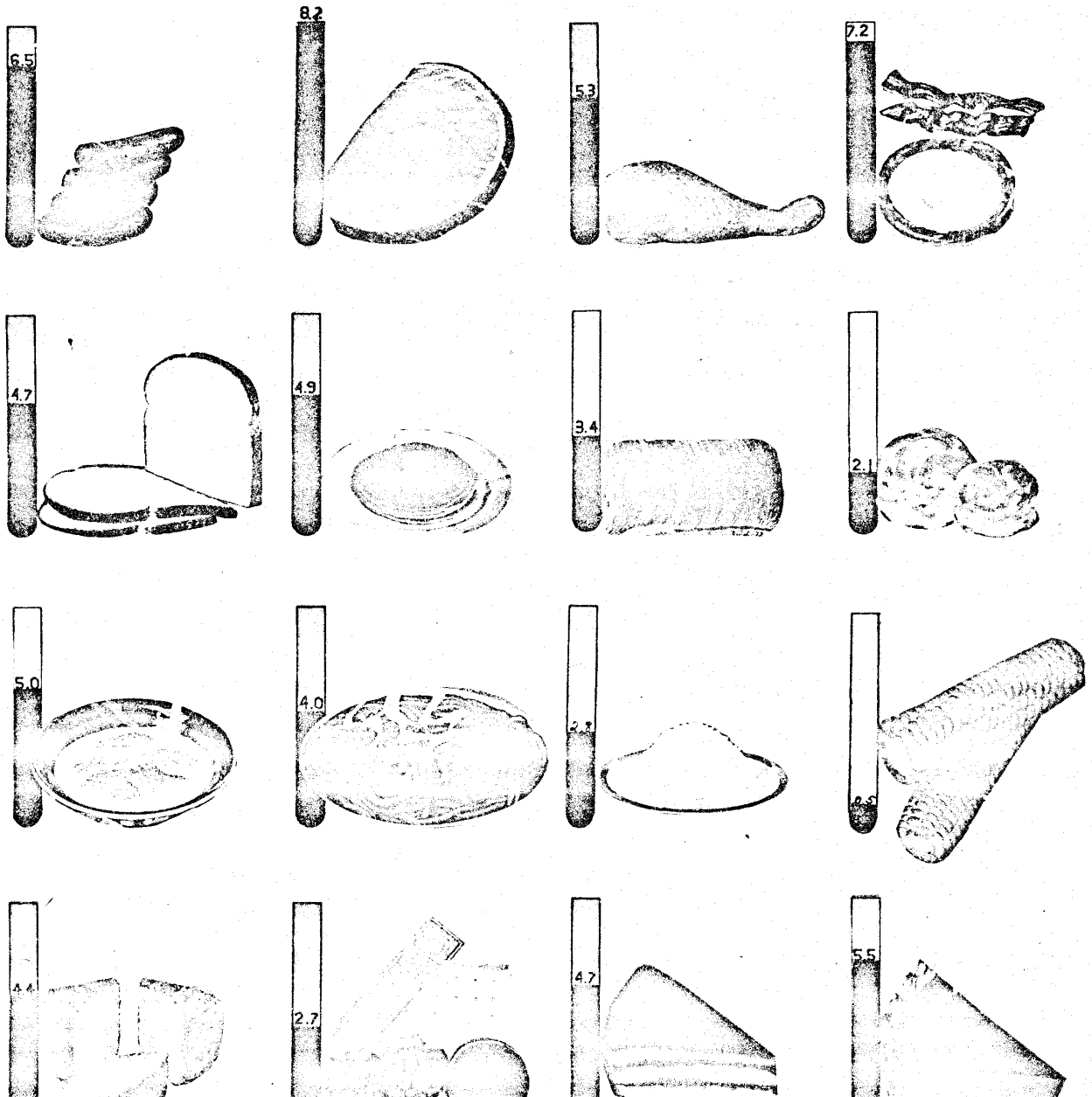
LUNCH



DINNER



ACID CONTENT OF SERVINGS OF ACID ASH FOODS



ALKALI CONTENT OF SERVINGS OF ALKALINE ASH FOODS

