

**Acid and Alkaline forming foods.** With additions after Partick Holford with reference to Dr William Hay. Whilst Food combining (Hay diet) is not advocated here the balance of **80% alkaline forming to 20% acid forming** is suggested. Acid or Alkaline "forming" here refers to the residue after metabolism so relates to the mineral / chemicals released during metabolism. Foods that release more Calcium, Magnesium, Sodium, and Potassium than Sulphur, Phosphorus, Chlorine

High Acid	Medium Acid	Neutral	medium Alkaline	High Alkaline
Edam Cheese	Walnut	Butter	Almond	Avocado
Egg	Cheddar Cheese	Marg	Cocoanut	Beetroot
Mayonaise	Stilton Cheese	Coffee	Milk	Carrot
Fish	Hering	Tea	Cucumber	Potato
Shellfish	Mackrell	Sugar	Cabbage	Spinach
Bacon	Rye	Syrup	Celery	Dried Fruit
Beef	Oat	Raw Milk	Lentil	Rhubarb
Chicken	Wheat	Veg. oils	Lettuce	Soya Bean
Liver	Rice	Brazil nut	Mushroom	Lima Bean
Lamb	Plum	Pumpkin seed	Onion	Turnip
Veal	Cranberry		other Root Veg	Kelp
	Olive		Tomato	Pineapple
	Mutton		Apricot	Currant
	Nuts		Apple	Blackberries
	Grains		Banana	Kiwi
	Other Meats		Berries	Bean Sprout
			Cherries	
			Figs	
			Grapefruit	
			Lemon	
			Melon	
			Oranges	
			Peaches	
			Pears	
			Paspberries	
			Tangerine	
			Prune	
			parsley	
			parsnip	
			radish	
			watercress	
			asparagus	
			leek	
			marrow	
			buckwheat	
			millet	

ref - The Optimum nutrition bible - Patrick Holford, Pitkus ISBN 0-7499-1855-1 pp94-99  
 The Whole Health Manual - Patrick Holford. ISBN 0950789402