

The higher the “acid-binding” qualities of a food, the more valuable as a mucus-eliminator. Black radish when in season, spinach, dandelion and dill are all excellent internal scourers:

### *Berg's Tables*

Name of Food	FLESH	Plus or Acid-Binding	Minus or Acid-Forming
Blood of Animals .....		5.49	00.00
Meat (Beef) .....			38.61
Veal .....			22.95
Mutton .....			20.30
Pork .....			12.47
Ham, Smoked .....			6.95
Bacon .....			9.90
Rabbit .....			22.36
Chicken .....			24.32
Ox Tongue .....			10.60
	FISH		
White Fish .....			2.75
Shell Fish .....			19.52
Salmon .....			8.32
Oysters .....		10.25	
Herring, Salted .....			17.35
	DAIRY PRODUCTS		
Eggs, Whole .....			11.61
Eggs, White .....			8.27
Eggs, Yolk .....			51.83
Milk, Human .....		2.25	
Milk, Sheep .....		3.27	
Milk, Goat .....		.65	
Milk, Cow .....		1.69	
Milk, Skim .....		4.89	
Buttermilk .....		1.31	
Cream .....		2.66	

Name of Food	Plus or Acid-Binding	Minus or Acid-Forming
Butter, Cow .....		4.33
Margarine .....		7.31
Lard .....		4.33
Swiss Cheese .....		17.49

### CEREALS

Refined Wheat .....		8.32
Whole Wheat .....		2.66
Farina .....		10.00
Barley .....		10.58
Oats .....		10.58
Rye .....		11.31
Unpolished Rice .....		3.18
Polished Rice .....		17.96
Cornmeal .....		5.37
Pumpernickle Bread .....	4.28	
Black Bread .....		8.54
White Bread .....		10.99
Graham Bread .....		6.13
Zweibach .....		10.41
Cakes (White Flour) .....		12.31
Macaroni .....		5.11

### ROOT VEGETABLES

White Potatoes .....	5.90
Sweet Potatoes .....	10.31
Celery Roots .....	11.33
Red Beets .....	11.37
White Turnips .....	10.80
Sugar Beets .....	9.37
Black radish, with skin .....	39.40
Horse Radish, with skin .....	3.06
Young Radish .....	6.05
Cabbages .....	4.02
Red Cabbage .....	2.20
Endives .....	14.51

Name of Food	Plus or Acid-Binding	Minus or Acid-Forming
Lettuce Head .....	14.12	
Rhubarb .....	8.93	
Spinach .....	28.01	
Asparagus .....	1.01	
Artichoke .....	4.31	
Chicory .....	2.33	
Tomatoes .....	13.67	
Pumpkins .....	.28	
Watermelon .....	1.83	
Cucumbers .....	13.50	
Red Onions .....	1.09	
Kohlrabi Root .....	5.99	
Cauliflower .....	3.04	
Brussels Sprouts (fertilized) .....		13.15
Dandelion .....	17.52	
Dill .....	18.36	
Leeks .....	11.00	
Watercress .....	4.98	
String Beans (fresh) .....	8.71	
Green Peas (young, fresh) .....	5.15	

#### FRUITS

Apples .....	1.38
Pears .....	3.26
Plums .....	5.80
Apricots .....	4.79
Peaches .....	5.40
Cherries .....	2.57
Sour Cherries .....	4.33
Sweet Cherries .....	2.66
Dates, Dried .....	5.50
Figs .....	27.81
Grapes .....	7.15
Raisins .....	15.10
Raspberries .....	5.19
Oranges .....	9.61

Name of Food	Plus or Acid-Binding	Minus or Acid-Forming
Lemons .....	9.90	
Pomegranates .....	4.15	
Pineapple .....	3.59	
Banana .....	4.38	
Olives .....	30.56	
Prunes .....	5.80	
Strawberries .....	1.76	
Currants .....	4.43	
Blackberries .....	7.14	
Tangerines .....	11.77	

#### NUTS

Chestnuts .....		9.62
Acorns .....	13.64	
Lentils .....		17.80
Walnuts .....		9.22
Cocoanut .....	4.09	
Hazelnuts .....		2.08
Peanuts .....		16.39
Almonds .....		2.19

#### GRAINS-BEANS

Dried Peas .....		3.41
Dried Beans .....		9.70
Mushrooms .....	1.81	
Soy Beans .....	26.58	
Rye Flour .....		.72
Oat Flour .....		8.08
Quaker Oats .....		17.65
Oat Flakes .....		20.71
Sugar Cane .....	14.57	
Rock Candy .....	18.21	

Name of Food	FLESH	Plus or Acid-Binding	Minus or Acid-Forming
	DRINKS		
Cocoa .....			4.79
Chocolate .....			8.10
Tea Leaves .....	53.50		
Tea, Paraguay .....	25.49		
Coffee .....	5.60		
Chicory Roots .....	7.17		
Beer .....			.28
Porter .....	2.05		
Ale .....	3.37		
Grape Juice .....	5.16		
Wine .....	.59		
Wine, White California .....	1.21		
Wine, Sherry .....	.51		
Champagne .....	.96		
Wine, Malaga .....	3.04		