

## PROF. SPIRA'S LIST OF ACID FORMING AND ACID-BINDING (MUCUSLESS) FOODS

Prof. Spira

<http://www.arnoldehret.us>

New Mucusless Diet eCourse Preview:

<http://youtu.be/oe8ACDLIXZA>

### **MUCUSLESS FOODS**

#### **RIPE FRUITS (MUCUSLESS)**

Apples  
Apricots  
Banana  
Black Cherries  
Blackberries  
Blood Orange  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Honeybell Tangelos  
Honeydew  
Lemons  
Mandarin  
Mangos  
Nectarine  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Pomegranates  
Prunes  
Raisins  
Raspberries  
Sour Cherries  
Strawberries  
Sweet Cherries  
Sweet Cherries  
Tangerines  
Watermelon

#### **DRIED OR BAKED FRUITS (MUCUSLESS)**

Apples  
Apricots  
Bananas  
Blueberries

Cherries  
Cranberries  
Currants  
Currants, (Dried)  
Dates  
Dates, (Dried)  
Figs  
Figs (Dried)  
Grapes/raisins  
Kiwi  
Mango  
Peaches  
Pears  
Pineapple  
Plums/prunes  
Strawberries

**100% FRUIT JELLIES, SYRUPS, AND HONEY**

Agave Nectar  
Fruit Jellies (no sugar added)  
Maple Syrup (100%, no preservatives)  
Molasses (no preservatives)  
Honey (bee)

\*100% fruit juice or jellies are always better to use than non-fruit syrups or sweeteners.

**PUS, MUCUS, OR ACID-FORMING FOODS**

**FLESH (PUS-FORMING)**

Blood of Animals  
Chicken  
Meat (Beef, Horse, Dog)  
Mutton (Lamb)  
Ox Tongue  
Pork (Bacon, Ham, Sausage, Gammon, Chitterlings, Pig Feet)  
Turkey  
Veal  
Wild Game (Bison, Buffalo, Ostrich, Rabbit, Venison,)

**FISH (PUS-FORMING)**

Crustacean (Crab, Crawfish, Lobster, Shrimp)  
Fish (All Types)  
Mollusks (Clam, Oysters, Mussels, Snail, etc.)  
Roe (Caviar)  
Salmon  
Shell Fish

**DAIRY PRODUCTS (PUS-FORMING)**

Butter, Cow

Buttermilk  
Cheese (All Kinds)  
Cream  
Eggs, Hard Boiled  
Eggs, White  
Eggs, Whole  
Eggs, Yolk  
Lard  
Margarine  
Milk, Goat  
Milk, Sheep  
Milk, Skim  
Milk, Cow  
Yogurt

**CEREALS (MODERATELY MUCUS-FORMING)**

Barley  
Breads (Black, White, Graham, Zwieback, etc.)  
Buckwheat  
Cornmeal  
Farina  
Kamut  
Macaroni  
Millet  
Oats  
Pastas  
Polished (White) Rice  
Pumpernickel Bread  
Quinoa  
Rye  
Spelt  
Sorghum  
Triticale  
Unpolished (Brown) Rice  
Whole or Refined Wheat

**BEANS (MUCUS-FORMING)**

Black Beans  
Black-eyed peas  
Broad Beans (Fava Beans)  
Butter Beans  
Cannellini Beans  
Chickpeas/Garbanzo Beans (Dried, Cooked, Hummus)  
Edamame  
Great Northern Beans  
Italian Beans  
Kidney Beans

Lentils  
Lima Beans  
Mung Beans  
Navy Beans  
Pinto Beans  
Soy Beans, including black soy beans  
Split Peas  
String Beans (Green Beans)  
White Beans

**NUTS AND SEEDS (MUCUS-FORMING)**

Acorns  
Almonds  
Brazil Nuts  
Cashews  
Chestnuts  
Coconut  
Hazelnuts  
Peanuts  
Pecans  
Pistachios<sup>1</sup>  
Tree Nuts  
Walnuts

**PROCESSED FOODS (PUS AND/OR MUCUS-FORMING)**

Dried Convenience Foods  
Fast Foods  
Frozen Convenience Foods  
Packaged Convenience Foods  
Processed Meats

**CONFECTIONARIES/CANDY/SWEETS (PUS AND/OR VERY MUCUS-FORMING)**

Baked Goods (All kinds including pies, cakes, pastries, etc.)  
Candy Bars  
Caramels  
Chocolate  
Fudge  
Gelatin (Jello)  
Ice Cream (Dairy and Non-Dairy)  
Jelly candies  
Marshmallow  
Rock Candy  
Taffy

**ACIDIC, FERMENTED, OR DISTILLED DRINKS/SYRUPS (ACID-FORMING STIMULANTS)**

Ale  
Apple Cider Vinegar

Barley Malt Syrup  
Beer  
Brandy  
Brown Rice Syrup  
Champagne  
Chocolate  
Chocolate Syrup  
Cider (Hard)  
Cocoa  
Coffee  
Corn Syrup  
Flavoured Syrups  
Gin  
Herbal Wine  
Kombucha Tea  
Lager  
Liqueur  
Mead  
Porter  
Rum  
Sake (Rice Wine)  
Soft Drink (Soda Pop)  
Tea, Paraguay  
Tequila  
Vodka  
Whisky  
White Vinegar  
Wine  
Wine, Sherry  
Wine, White California

**VEGETARIAN/VEGAN PROCESSED FOODS (MODERATELY TO VERY MUCUS AND ACID FORMING)**

Chips (corn, potato, plantain, etc.)  
Frozen Vegan Breakfast Foods (waffles, etc.)  
Hummus (processed chickpeas)  
Lab Grown Animal Tissue  
Nutritional Yeast  
Pasta (egg-free)  
Pasteurized 100% Fruit Juice (potentially acid-forming)  
Plant milks (grains, nuts, seeds, and legumes including soy, rice, etc.)  
Plant-based butter (nuts, seeds, and legumes including soy, peanut, etc.)  
Plant-based creamers  
Plant-based Yogurts  
Soy Lecithin (food additive)  
Tempeh  
Texturized Vegetable Protein ('mock' meats including soy, etc.)  
Tofu

Vegan Baked Goods  
Vegan Breakfast Cereals  
Vegan Candy  
Vegan Cheese Substitutes  
Vegan Chocolates  
Vegan Ice Cream  
Vegan Mayonnaise  
Vegan Whipped Cream  
Vegetable

**OILS (FATTY AND MILDLY TO MODERATELY MUCUS FORMING)**

Chia Seed  
Citrus Oils  
Coconut  
Corn  
Cotton Seed  
Flax Seed  
Grape Seed  
Hemp Seed  
Nut Oils  
Olive  
Palm  
Peanut  
Quinoa oil  
Rapeseed (Including Canola)  
Safflower  
Soybean

**SALTS AND SPICES (STIMULANTS/POTENTIALLY ACID-FORMING)**

Black Peppercorns  
Cayenne Pepper  
Celery Salt  
Chili Powder  
Cream of Tarter  
Curry Powder  
Iodized Salt  
Nutmeg  
Paprika  
Pepper  
Sea Salt  
Vanilla Extract

**STARCHY OR FATTY VEGETABLES AND FRUITS (SLIGHTLY MUCUS-FORMING)**

Artichoke  
Avocados  
Carrots (Raw)  
Cassava

Cauliflower (Raw)  
Coconut Meat  
Corn  
Durian  
Green Peas  
Fungus (Mushrooms)  
Olives  
Onions  
Parsnips  
Peas (Raw)  
Plantains  
Pumpkins  
Raw or Baked White Potatoes  
Raw Sweet Potatoes  
Rutabaga  
Squash (Raw)  
Turnip  
Unripe Banana  
Winter Acorn (Raw)  
Winter Butternut (Raw)  
Winter Squashes (Raw)

#### **ACID-BINDING, NON-MUCUS-FORMING, OR MUCUSLESS (MUCUS-FREE) FOODS**

##### **GREEN LEAF VEGETABLES (MUCUSLESS)**

Arugula  
Bok Choi  
Cabbage  
Dandelion Leaf  
Greens (Kale, Mustard Turnip, Collard, etc.)  
Leafy Herbs (Basil, Parsley, Cilantro, Rosemary, Thyme, etc.)  
Lettuce (Green, Red, Romaine, Boston Bibb, Iceberg)  
Spinach  
Swiss chard  
Watercress

##### **RAW VEGETABLES/ROOT, STEM, FRUIT (ALL OR RELATIVELY STARCHLESS/MUCUSLESS)**

Asparagus  
Black Radish, with skin  
Broccoli  
Brussels Sprouts  
Celery  
Cucumbers  
Dandelion  
Dill  
Endives  
Green Onions

Horse Radish, with skin  
Leeks  
Peppers (Green, Red, Yellow, or Orange)  
Red Beets  
Red Cabbage  
Rhubarb  
Sea Vegetables  
Sugar Beets  
Tomatoes  
Young Radish  
Zucchini

**BAKED VEGETABLES ROOT, STEM, FRUIT (ALL OR RELATIVELY STARCHLESS/MUCUSLESS)**

Acorn Squash (Baked)  
Asparagus  
Broccoli (Baked or Steamed)  
Brussels Sprouts (Steamed)  
Butternut Squash (Baked)  
Carrots (Steamed)  
Cauliflower (Steamed or Baked)  
Green Peas (Steamed)  
Peppers (Green, Red, Yellow, or Orange)  
Pumpkins (Baked or Steamed)  
Spaghetti Squash (Baked)  
Sweet Potato (Baked)  
Zucchini (Steamed or Baked)

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