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
Cocoanut
Hazelnuts
Peanuts
Pecans
Pistachios'
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 (waffels, 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)

**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

This is open source information. please spread far and wide