

Foods organized by Calcium compounds delivering anionic or cationic energy dominance	Food Name						
	Dolomite Calcium magnesium carbonate	Calcium Oxide ↓	Calcium Carbonate ↓	Calcium Orate ↓	Calcium Gluconate ↑	Calcium Phosphate ↑	Gypsum Calcium Sulfate ↑
Anionic ++ (alkaline energy) calcium oxide dominant foods							
Amaranth		○					
Asparagus		○					
Bamboo Shoots		○					
Boiled Nuts		○				P	
Buckwheat		○					
Carob		○					
Chaparral	D	○				P	GY
Chives		○					
Coconut	D	○	C		GL	P	
Corn Meal		○					
Dried Corn		○					
Dried Fruit		○				P	
Dry Beans		○					
Dry Peas		○			GL		
Garlic		○				P	
Globe Artichoke		○					
Grits		○					
Guava		○					
Hominy		○				P	
Jerusalem Artichoke		○					
Jicama		○			GL		
Kelp		○					
Leechee		○				P	
Leeks		○				P	
Loquat		○					GY
Moringa		○	C		GL	P	GY
Malunga		○					
Nuts		○					
Onions		○					
Peaches		○					
Peanuts		○					
Pears	D	○					
Potato Purple	D	○	C		GL	P	
Potato Russet	D	○					
Potato Sweet (orange flesh)		○					

Potato Sweet (yellow – white flesh)		O					
Potato White		O					
Potato Yukon Gold		O					GY
Psyllium	D	O	C				
Rice		O					
Rye		O					
Senna	D	O	C				
Shallot		O					
Sorghum	D	O				P	GY
Sprouted Alfalfa		O					
Sprouted Wheat		O					
Sweet Blueberries		O				P	
Sweet Currants		O					
Sweet Gooseberries		O					
Sweet Huckleberries		O					
Squash Banananut		O	C			P	
Tomatoes		O					
Water Chestnut		O					
Watercress	D	O	C			P	
Wheat		O					
Wheat (Cream of Wheat)	D	O					
Wheat Germ		O					
Yam		O					
Yucca		O					

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Anionic + (alkaline energy) calcium carbonate dominant foods							
Alka-Seltzer			C				
Animal Meats			C				
Apricot			C				
Arrowroot			C				
Avocado			C				
Banana, Red			C		GL	P	GY
Basil, Freeze Dried			C				
Beer			C				
Bird Meats			C				
Broccoli			C				
Cassava			C				
Chayote			C				
Cheese			C				
Cheddar Cheese - Mild		O	C			P	
Corn Starch			C				
Cucumber			C				
Dragon Fruit	D		C				GY
Eggs			C				
Fish	D		C				GY
Fish - Halibut	D		C				GY
Fish - Sole Dover	D		C				GY
Fish - Salmon	D		C				GY
Fish - Steel Head Trout	D		C				GY
Ginger Root			C				
Green Beans			C				
Green Olives			C				
Kiwi			C				
Lemon			C				
Mango - Golden or Honey	D	O	C	CC	GL	P	
Millet			C				
Mint			C				
Mushrooms			C				
Nectarine			C				
Non Legumes			C				
Olive Oil			C				

Papaya	D	O	C			P	
Pumpkin			C				
Pumpkin Seeds			C				
Quinoa			C				
Sea Grapes	D	O	C		GL	P	
Sesame Seeds			C				
Soft Drinks			C				
Squash			C				
Squash Spaghetti		O	C		GL		
Sunflower Seeds			C				
Sweet Cherries			C				
Sweet Grapes			C				
Sweet Plums			C				
Tapioca			C				
Baking Soda in Juice			C				
Sweet Florida Bar- Bados Cherries			C				

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		Cationic (acidic/alkaline acting energy) calcium gluconate dominant foods						
Black Olives				C	OT	GL		
Cottage Cheese						GL		GY
Cream of Tartar						GL		
Goat Milk						GL		
Mango Green-Red	D	O				GL	P	
Melons (All Types)						GL		
Paw Paw						GL		
Powdered Milk						GL		
Soy Milk						GL		
Sprouts						GL		
Sweet Corn						GL		
Sweet Milk						GL		
Wine						GL		GY
Yogurt						GL	P	

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Cationic - (Acidic energy) calcium phosphate dominant foods							
Baking Powder						P	
Barley						P	
Beets						P	
Brussel Sprouts						P	
Cabbage						P	
Carrots						P	
Cauliflower						P	
Celery						P	
Celery Root						P	
Chlorophyll						P	
Cilantro	D				GL	P	GY
Comfrey						P	
Eggplant						P	
Green Peppers						P	
Habanero Pepper	D					P	GY
Hemp seed (hulled)	D	O	C			P	
Honey						P	
Kohlrabi						P	
Leafy Vegetables						P	
Legumes						P	
Nettle Leaf Powder		O			GL	P	
Oatmeal						P	
Parsley						P	
Persimmons						P	
Parsnips						P	
Potato - Red						P	
Radish						P	
Root Crops						P	
Rutabaga						P	
Tomatillo						P	

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Cationic - (Acidic energy) calcium sulfate dominant foods							
Acidophilus							GY
Apples							GY
Banana Yellow			C		GL	P	GY
Banana Plantain			C		GL	P	GY
Blackberries							GY
Black Strap Molasses	D	O				P	GY
Boysenberries							GY
Butter			C		GL		GY
Buttermilk							GY
Cane Syrup	D	O				P	GY
Citrus							GY
Cranberry							GY
Dewberry							GY
Grapefruit							GY
Kefir							GY
Kumquat							GY
Lemon Grass							GY
Lime							GY
Naval Orange				CC			GY
Pineapple							GY
Pomegranate							GY
Prickly Pear							GY
Quince							GY
Raspberries							GY
Rhubarb							GY
Salsify	D		C			P	GY
Sour Blueberries							GY
Sour Cherries							GY
Sour Currants							GY
Sour Gooseberries							GY
Sour Huckleberries							GY
Sour Plums							GY
Sour Soy Milk							GY
Squash Acorn					GL	P	GY
Strawberries							GY

Ugli Fruit								GY
Yellow Crook Neck Squash *4								GY
Zuchinni Squash						GL	P	GY

Foods containing dolomite. All belong in other calcium compound groups. Dolomite is not a dominant calcium compound in any food.

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Cationic - (Acidic energy) calcium magnesium carbonate foods							
Chaparral	D	O				P	GY
Coconut	D	O	C		GL	P	
Pears	D	O					
Potato Purple	D	O	C		GL	P	
Potato Russet	D	O					
Psyllium	D	O	C				
Senna	D	O	C				
Sorghum	D	O				P	GY
Watercress	D	O	C			P	
Wheat (Cream of Wheat)	D	O					
Dragon Fruit	D		C				GY
Fish	D		C				GY
Fish – Halibut	D		C				GY
Fish – Sole Dover	D		C				GY
Fish – Salmon	D		C				GY
Fish – Steel Head Trout	D		C				GY
Mango – Golden or Honey	D	O	C	CC	GL	P	
Papaya	D	O	C			P	
Mango Green-Red	D	O			GL	P	
Cilantro	D				GL	P	GY
Habanero Pepper	D					P	GY
Hemp seed (hulled)	D	O	C			P	
Black Strap Molasses	D	O				P	GY
Cane Syrup	D	O				P	GY
Salsify	D		C			P	GY