



Fruit

Melon Acid Sub-Acid Sweet Cantaloupe Blackberry Apple Bananas Grapefruit **Apricot** Dates Casaba Crenshaw Lemon/Lime Blueberry Currants Honeydew Orange Cherry Figs Persian Pineapple Kiwi Grapes Plum (Sour) Watermelon Papaya Mango Pomegranate Peach Persimmon Pear Rasberry Prunes

*Please eat fruit alone and in early part of your day. Not after cooked food.