

List of Pus, Acid, and Mucus Forming Foods

PUS, MUCUS, AND/OR ACID-FORMING FOODS

FLESH (PUS-FORMING)

Blood of Animals
Eggs (All Kinds)
Lard
Meat (Beef, Chicken, Horse, Dog, Mutton/Lamb, Turkey, Veal, Pork:
Bacon, Ham, Sausage, Gammon, Chitterlings, Pig Feet; Wild Game: Bison, Buffalo,
Ostrich, Rabbit, Venison, etc.)
Margarine (Made with Animal Fat)

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
Crème fraîche
Kefir
Milk (All Animals and Kinds; Raw Organic, Skim, 1 or 2 %, etc.)
Yogurt

CEREALS (MODERATELY MUCUS-FORMING)

Barley
Breads (All Kinds; Barley, Black, Rye, White, Graham, Pumpernickel,
Zwieback, etc.)
Cereal Grains (All Kinds; Maize, Farina, Kamut, Millet,
Oats, Quinoa, Spelt, White Rice, Brown Rice, Whole or Refined Wheat, etc.)
Cornmeal
Pseudocereals (All Kinds; Amaranth, Buckwheat, Chia, Cockscorn, Kañiwa, Quinoa, etc.)
Pastas

List of Pus, Acid, and Mucus Forming Foods

BEANS (MODERATELY MUCUS-FORMING)

Beans (All Kinds and Forms; Black Beans, Black-eyed peas, Fava Beans, Butter Beans, Cannellini Beans, Chickpeas/Garbanzo Beans, Edamame, Great Northern Beans, Italian Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans, Soy Beans, Split Peas, String Beans (Green Beans), White Beans, etc.)

NUTS AND SEEDS (MODERATELY MUCUS-FORMING)

Nuts (All Kinds; Acorns, Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Peanuts, Pecans, Pistachios, Walnuts, etc.)

Seeds (All Kinds; Sunflower, Pumpkin, Hemp, Sesame, etc.)

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

Dried Convenience Foods
Fast Foods
Frozen Convenience Foods
Packaged Convenience Foods
Processed Meat

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

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

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

Alcoholic Beverages (All Kinds; Ale, Beer, Brandy, Champagne, Hard Cider, Liqueur, Mead, Porter, Rum, Sake/Rice Wine, Gin, Herbal Wine, Lager, Fruit Wine, Vodka Whisky, Tequila, etc.)
Syrups (Brown Rice, Barley Malt, Chocolate, Corn, Artificially Flavored)
Cocoa
Coffee
Kombucha Tea
Soft Drink (Soda Pop)
Tea (All Kinds from the Theaceae family)

List of Pus, Acid, and Mucus Forming Foods

Vinegar (White, Apple Cider)
Old-fashioned Root Beer

FERMENTED FOODS AND SAUCES (ACID-FORMING STIMULANTS)

Fish Sauce
Fermented Vegetables (All; Kimchi/cabbage and other veggies, Olives
Pickles/cucumbers. Sauerkraut/cabbage, etc.)
Miso
Sauces with Vinegar (Hot Sauce, Ketchup, Mustard, Mayonnaise, Relish,
Tartar, Barbecue, Salad Dressings, Salsa, etc.)
Soy Sauce

VEGETARIAN/VEGAN PROCESSED FOODS (MODERATE TO VERY MUCUS FORMING)

Chips (corn, potato, plantain, etc.)
Frozen Vegan Breakfast Foods (waffels, etc.)
Hummus (processed chickpeas)
Lab Grown Animal Tissue
Margarine
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
Soy Lecithin (food additive)
Tempeh
Texturized Vegetable Protein ('mock' meats including soy, etc.)
Tofu
Vegan Baked Goods
Vegan Confections (All Types; Chocolates, Ice Cream, etc.)
Vegan Cheese Substitutes
Vegan Mayonnaise
Vegan Whipped Cream
Yogurts (Plant-based)

OILS (FATTY AND MILDLY MUCUS FORMING)

Oil (All types; Avocado Oil, Chia Seed, Coconut, Corn, Cotton Seed, Cotton Seed, Flax
Seed, Grape Seed, Hemp Seed, Nut Oils, Olive, Palm, Peanut, Quinoa, Rapeseed (Including
Canola), Safflower, Soybean etc.)

SALTS AND SPICES (STIMULANTS/POTENTIALLY ACID-FORMING)

List of Pus, Acid, and Mucus Forming Foods

- Black Peppercorns
- Cayenne Pepper
- Chili Powder
- Cream of Tarter
- Curry Powder
- Nutmeg
- Paprika
- Pepper
- Salt (Celery, Crystal, Iodized, Sea)
- Vanilla Extract

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

- Artichoke
- Avocados
- Cassava
- Cauliflower (Raw)
- Coconut Meat
- Corn
- Durian
- Fungus (Mushrooms)/(according to Dr Sebi is not fungus)
- Green Peas
- Olives
- Parsnips
- Peas (Raw)
- Plantain
- Plantains
- Pumpkins
- Raw or Baked White Potatoes
- Raw Squashes (Winter, Acorn, Butternut, etc.)
- Raw Sweet Potatoes
- Rutabaga
- Turnip
- Unripe Banana

What are Deceptive Mucus-Formers?

Here is a list of foods that many people do not realize create mucus:

- Rice (great for creating glue to bind books, bad for the transition to a mucus-free diet)
- Avocados (fatty item that may be used on the transition, but are highly addictive. Although technically a fruit, if used it is best to combine them with a mucus-free combination salad or

List of Pus, Acid, and Mucus Forming Foods

vegetables to aid elimination. However, it is recommended to stay away from them if you are not already stuck to them.)

Nuts (Mucus-forming, but may be used on the transition. It is best to eat with dried fruits like raisins to aid with elimination.)

Plantains (Starchy)

Tofu (Slimy and mucus-forming.)

Un-ripened fruits like green bananas (the riper the fruit you eat the better).

Corn (It does not eliminate well. When cooked, corn becomes mushy and slimy in the intestines.)

Corn chips (Some people use them on the transition, but they are very addictive and do not eliminate well)

Beans (They are starchy and mucus-forming. But, they may be used sparingly on the transition within close proximity to green-leafy salads)

Starchy Vegetables (Some vegetables are starchy and mucus-forming in raw or cooked forms, such as white potatoes. But, many other vegetables, such as sweet potatoes, become almost mucus-free (starchless) after proper cooking.

The Transition Diet

It is very important that people learn how to transition from the most harmful mucus-forming foods to the ones that leave behind the least amount of waste.

Comments Regarding Dr. Sebi

I did notice this conflict years ago when I first checked out some of Dr. Sebi's works. We both have been influenced by Prof. Ehret to varying degrees, but do not see eye to eye on all issues. Ehret explains that all fats are mucus-forming, thus all nuts, seeds, and fatty fruits (olives, avocados). Cereals are certainly mucus forming. You can test this yourself. Take a cereal product, add a bit of water and heat it at 98 degrees on the stove. Do the same to grapes. Let them both sit in an air tight bag for a few days. You will see that the cereal starts to turn into a viscous sludge, whereas the grapes turn into a kind of syrup that has no viscous, mucus-forming constituents. Like I've mentioned before, some of the items listed above may be used in moderation on the transition. But it must be understood that they are mucus/acid-forming and will cause illness if eaten too much. And for those aspiring to be mucusless, they will need to eventually be eliminated all together. Peace, Love, and Breath.

Adriano December 22, 2014 at 5:39 am

Dr Sebi is against starch, yet he recommends black & wild rice, spelt and rye. Anyone can or heard him explain this? Is it just because they are not too acid and not hybrid?

Spira February 2, 2015 at 11:04 am

I appreciate Dr. Sebi and love that he promotes Ehret's works to his followers. Yet, I disagree with him on some of the foods that he lists as mucus-free vs. mucus-forming (as you pointed out a couple). I'm not quite sure why he identifies certain items that Ehret or I list as mucus-

List of Pus, Acid, and Mucus Forming Foods

forming to be non-mucus-forming. And on the other side, we tend to not be as concerned with the hybrid vs. non-hybrid analysis. We examine how effective a food item is at eliminating from the body and leaving behind the least amount of metabolic waste or degrade into slime. Non-hybrid, Mucus-free fruits may be the highest level, but I'd rather see someone eat a hybrid mucus-free fruit than any kind of rice or grain (although some grains may be used within the context of "the transition diet," but they should be viewed as "mucuslean" and not mucus-free).

Peace, Love, and Breath!

Georgia Barretto August 15, 2013 at 3:46 am - Reply

I made a big mistake using Dr. Sebi's food list as a guide to healing. One thing people don't notice in his guide is that he is promoting the more healthier version of "soul food" not a diet of mucus free healing offered on Dr.Spira's website. I contracted hyperthyroidism from his guide list and now have to start fasting and using this actual vegan diet instead. So for those looking at the contradiction at these two lists, understand the reasons why. Dr.Sebi is not promoting "a mucus free life", his guide list still contains acids, mucus, and pus so please eat his soul food in moderation. (i.e. events,celebration,birthdays,parties,weddings,etc.) and eat his food in small portions because I had to learn the hard way when eating large amounts. Before this I only consumed fruit and never felt sick or had any of the problems I do now, maybe a small salad here and there and fasting similar to what Dr.Spira recommends.

Free | TDEEZi July 2, 2016 at 3:04 pm - Reply

Web Source: <http://www.mucusfreelife.com/mucus-forming-foods/>