

Foods by Prominent Calcium Compounds

The purpose of this list is to list foods and the Prominent Calcium Compounds that are present in those foods. There are six prominent calcium compound groups into which all the foods can be classified: Calcium Oxide, Calcium Carbonate, Calcium Gluconate, Calcium Phosphate, Calcium Sulfate (Gypsum), and Calcium Magnesium Carbonate. There is a seventh calcium compound group, calcium hydroxide, but it is toxic and is not found in foods. There are over 250,000 different calcium compounds. The calcium compounds can further be classified by what kind of energy they contain. Cationic energy is signified by this symbol ← in the column header of the food table. Anionic energy is signified by this symbol → in the column header of the food table.

Dr. Reams taught that we live off the energy we get from the foods we eat, not the food itself. Electrical energy is produced from the resistance between anionic calcium compounds and cationic calcium compounds. So, in each meal we have to have a mixture of anionic and cationic calcium compounds so that the electrical energy we live on can be produced.

Also, we need to eat a variety of foods in each of our meals in order to pick up some 84 different minerals that are used to make our cells. This is a process that involves getting into a variety of foods from one meal to the next. It also involves the use of condiments added to meals (see the Reams / Skow coking class transcript), and thereby increase the minerals that are available to us when we eat meals.

This description is intended to give you a brief overview of why this list was produced and how you can make use of it. If you are receiving services from an RBTI consultant, you should ask them any other questions you have about this food list and how you can use it to select foods for your meals while on the RBTI diet program.

Foods by Prominent Calcium Compounds

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)				○						

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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					
Yellow Crook Neck Squash	D	O	C		GL	P	Gy
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				

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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				

Foods organized by Calcium compounds delivering anionic or cationic energy dominance	Dolomite Calcium magnesium carbonate (D)	Calcium Oxide (O) ↓	Calcium Carbonate (C) ↓	Calcium Orate (OT) ↓ Calcium Citrate (CC) ↓	Calcium Gluconate (GL) ↑	Calcium Phosphate (P) ↑	Gypsum Calcium Sulfate (GY) ↑
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

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Ugli Fruit								GY
Zuchinni Squash					GL	P		GY

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Foods containing dolomite. All belong in other calcium compound groups. Dolomite is not a dominant calcium compound in any food.	Dolomite Calcium magnesium carbonate (D)	Calcium Oxide (O) ↓	Calcium Carbonate (C) ↓	Calcium Orate (OT) ↓ Calcium Citrate (CC) ↓	Calcium Gluconate (GL) ↑	Calcium Phosphate (P) ↑	Gypsum Calcium Sulfate (GY) ↑
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