

THE MUCUS FOOD SCALE

Every common food rated 1–10 for mucus formation
Print and keep on your fridge

● 1–3 MUCUSLESS — Prioritize

● 4–6 MUCUS-LEAN — Limit

● 7–10 MUCUS-FORMING — Avoid

Score reflects mucus-forming potential, digestive burden, and residue left in the body. Lower is always better during a cleanse. Print this page and keep it on your fridge.

FRUITS (Raw)

Watermelon	1	Best choice — highest water, lowest residue
Melon (all varieties)	1	Excellent cleanser, eat alone
Grapes	1	High cleansing, eat as mono-meal
Oranges	1	Alkaline, cleansing, eat alone or first
Mango	1	Excellent cleansing fruit
Papaya	1	Digestive enzymes, zero mucus
Banana (ripe)	2	Best when very ripe, slightly more starch
Apple	2	Malic acid helps digestion
Pear	2	Gentle, good for transition
Berries (all)	2	Antioxidant-rich, low burden
Pineapple	2	Bromelain enzymes, cleansing
Dates / Figs (dried)	4	Concentrated sugar — use sparingly

VEGETABLES (Raw)

Cucumber	1	Highest water content, zero burden
Celery	1	Alkaline, excellent lymph support
Lettuce (all leafy)	1	Best greens for cleansing
Spinach (raw)	1	Rich minerals, zero mucus
Tomato	2	Slightly acidic but low mucus
Bell pepper	2	Good raw, lower burden
Carrot (raw)	2	Good cleansing vegetable
Beet (raw)	2	Liver support, low burden
Avocado	3	Clean fat, heavier but nutritious

VEGETABLES (Cooked)

Steamed broccoli	2	Excellent cooked choice
Steamed kale / greens	2	Good transition food
Baked sweet potato	3	Satisfying, low-moderate mucus
Steamed asparagus	2	Kidney support, clean
Roasted beets	3	More burden when cooked
Steamed cauliflower	3	Fine in transition
Cooked spinach	2	Good, less than raw but still clean
Baked potato (no toppings)	4	Starchy — eat alone
Corn (cooked)	5	Mucus-forming, limit in cleanse

GRAINS & STARCHES

Quinoa	4	Cleanest grain option
Brown rice	4	Transition-friendly, use in moderation
Oats (plain, no milk)	5	Moderate mucus, limit
Rye bread	5	Better than wheat, still burdensome
Whole wheat bread	6	Significant mucus, limit
Pasta (whole wheat)	6	Moderate-high burden
White rice	6	Refined starch, higher burden
White bread	8	High mucus, avoid
Pastry / croissant	9	Avoid — butter + white flour
Breakfast cereal (boxed)	8	Processed, high burden

LEGUMES

Red lentils (cooked)	4	Cleanest legume
Green lentils	4	Good transition food
Chickpeas (cooked)	5	Moderate, combine carefully
Black beans	5	Can cause gas if combined poorly
Peanuts / peanut butter	6	High protein + fat combo
Tofu / soy products	6	Processed, moderate burden

DAIRY

Coconut water / coconut milk (light)	3	Better than dairy
Goat milk (small amount)	6	Less than cow, still mucus-forming
Butter	7	High-fat, mucus-forming
Hard cheese	8	Significant mucus former
Yogurt / kefir	7	Even "probiotic" dairy is burdensome
Soft cheese (cream cheese, brie)	8	Avoid during cleanse
Cow milk	9	Highest mucus of any common food
Ice cream	10	Dairy + sugar — maximum burden
Oat milk / almond milk	4	Better than dairy, some processing

MEAT & FISH

Wild-caught fatty fish (salmon)	5	Cleanest animal protein option
White fish (cod, tilapia)	5	Lower burden than red meat
Chicken breast	6	Moderate burden, avoid during deep cleanse
Turkey	6	Similar to chicken
Eggs	7	High albumin, mucus-forming
Pork	8	High burden, avoid
Beef / lamb	8	Heavy mucus-former, avoid during cleanse
Processed meats (bacon, sausage)	10	Avoid entirely

BEVERAGES

Pure water	1	Always first choice
Lemon water	1	Cleansing, alkalizing
Herbal teas (plain)	1	Good cleansing support
Fresh fruit juice (diluted)	2	Use during transition, dilute 50/50
Coconut water	2	Electrolytes, clean
Green tea	3	Some caffeine — limit during deep cleanse
Kombucha	4	Fermented, moderate

Coffee	6	<i>Acid-forming, taxing on adrenals</i>
Alcohol	8	<i>Avoid entirely during cleanse</i>
Soft drinks / soda	10	<i>Avoid — sugar + acid + chemicals</i>

FATS & CONDIMENTS

Cold-pressed olive oil	3	<i>Good fat, use in moderation</i>
Avocado (counted above)	3	<i>See vegetables</i>
Raw nuts (small amount)	5	<i>Never mix with wet fruits</i>
Tahini / sesame	5	<i>Use sparingly</i>
Coconut oil	5	<i>Better than butter, still dense</i>
Hummus (homemade)	5	<i>Chickpea-based, moderate</i>
Mayonnaise	8	<i>Egg + oil combo, avoid</i>
Ketchup / BBQ sauce	7	<i>Sugar + acid, avoid</i>
Soy sauce	7	<i>Sodium-heavy, processed</i>