

ALKALIZING FOODS

VEGETABLES

Alfalfa
Asparagus
Watercress
Barley Grass
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Dandelions
Edible Flowers
Eggplant
Fermented veggies
Garlic
Green Beans
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Spirulina
Sprouts
Squashes
Watercress
Wheat Grass
Wild Greens

FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)

ACID FORMING FOODS

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Blueberries
Cranberries
Currants
Plums
Prunes

GRAINS

Amaranth
Bread (all)
Barley
Buckwheat
Corn
Flour (all except Millet flour)
Hemp Seed Flour
Kamut
Oats (rolled)
Oatmeal
Quinoa
Pasta
Rice (all)
Rye
Spelt
Wheat

DAIRY

Butter
Cheese, Cow
Cheese, Goat
Cheese, Processed
Cheese, Sheep
Ice Cream
Milk

NUTS & BUTTERS

All Berries
Cantaloupe
Cherries
Coconut
Currants
Dates/Figs
Grapes
Grapefruit
Honeydew Melon
Lemon
Lime
Nectarine
Orange
Peach
Pear
Pineapple
Rhubarb
Tangerine
Tomato
Tropical Fruits

PROTEIN

Eggs
Cottage Cheese
Yogurt
Almonds
Chestnuts
Flax Seeds
Millet
Nuts
Pumpkin Seeds
Squash Seeds
Sunflower Seeds
Sprouted Seeds
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

OTHER

Alkaline Antioxidant Water
Apple Cider Vinegar
Bee Pollen
Butter, unsalted
Lecithin Granules
Probiotic Cultures
Fresh Fruit Juice
Mineral Water
Green Tea
Herbal Tea

Brazil Nuts
Cashews
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Chicken
Clams
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Sausages
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA

Noodles
Macaroni
Spaghetti

OTHER

Distilled Vinegar
Wheat Germ
Cocoa
Coffee
Mustard
Pepper
Potatoes
Soft Drinks
Soy Sauce
Sugar

DRUGS & CHEMICALS

Drugs, Medicinal
Drugs, Psychedelic

Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha
Organic Milk (unpasteurized)
Veggies Juices

SWEETENERS

Stevia

SPICES/SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Kidney Beans
Sea Salt
Miso
Tamari
All Herbs

ORIENTAL VEGETABLES

Daikon
Dandelion Root
Kombu
Maitake
Nori
Reishi
Sea Veggies
Shitake
Umeboshi
Wakame

Food Additives

Pesticides
Herbicides
Tobacco

ALCOHOL

Beer
Spirits
Hard Liquor
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Pepper
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
White Beans
Almond Milk
Soy Milk
Rice Milk

