

## 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

