



LIST OF ALKALINE FOODS

➤ VEGETABLES/BEANS:

- Alfalfa
- Artichokes
- Asparagus tips
- Avocado
- Bamboo shoots
- Beans
- Beets & Beet tops
- Bell Peppers
- Broccoli
- Beans (string)
- Cabbage
- Carob
- Carrots
- Cauliflower
- Celery
- Chard
- Chayote
- Chicory
- Chives
- Collards
- Cucumbers
- Dandelions
- Dill
- Eggplant
- Endives
- Garlic
- Greens (leafy)
- Horseradish
- Kale
- Kelp
- Lettuce
- Lima beans
- Orka
- Olives
- Onions
- Oyster Mushrooms
- Parsley
- Parsnips
- Peas
- Peppers (sweet)
- Potato Skins
- Pumpkin
- Radishes
- Rutabagas
- Savory
- Sea lettuce

- Sprouted seeds
- Squash
- Soybeans
- Spinach
- Sprouts (all)
- String beans
- Summer squash
- Sweet Potatoes
- Swiss chard
- Turnips
- Watercress
- Wheat grass
- Tomatoes
- Tofu
- Zucchini

➤ FRUITS:

- Apples
- Apricots
- Blueberries
- Coconut
- Dates
- Figs
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mangoes
- Melons
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple
- Raisins
- Raspberries
- Watermelon

➤ GRAINS:

- Amaranth
- Buckwheat
- Lentils
- Lima beans
- Millet
- Quinoa
- Soybeans
- Spelt

- Wild rice
- White beans (navy beans)

➤ BEVERAGES:

- Fresh coconut water
- Herbal Teas (esp. Green Tea)
- Pure Water
- Water with Lemon

➤ FATS/OILS:

- Coconut Oil
- Flax Seed Oil
- Olive Oil
- Sesame Oil

➤ BREADS/FLOURS:

- Soy flour
- Sprouted bread

➤ NUTS & SEEDS:

- Almonds
- Brazils
- Chestnuts
- Coconuts
- Cumin seeds
- Fennel seeds
- Sesame seeds
- Soy nuts

➤ NON-DAIRY PRODUCTS:

- Goat Milk
- Goat Cheese
- Soy Cheese & Milk
- Tofu
- Whey

➤ CONDIMENTS:

- Soy mayonnaise
- Tomato sauce
- Tomato paste
- Dry mustard

➤ SWEETENERS:

- Maple Syrup
- Raw Honey
- Raw Sugar
- Stevia

Notes:

Most vegetables are more alkalizing in their raw state. Fruits because of their heavy sugar content are acidifying. Avoid fruits if you suffer from sugar imbalances (such as Candida, sweet cravings, strong body odour, diarrhea, IBS, bloating, etc. Sprouted seeds nuts and grains are alkalizing.

Many herbs are alkalizing.

Organic food contains up to 50% more nutritional value, with no chemical additives!