

HIGHLY ALKALINE FOODS



VEGETABLES

Alfalfa Grass	Lamb's Lettuce
Asparagus	Leeks (Bulbs)
Barley Grass	Lettuce
Beet	Onion
Black Radish	Peas
Broccoli	Potatoes
Brussels Sprouts	Red Cabbage
Cabbage	Red Radish
Carrot	Rhubarb Stalks
Cauliflower	Rutabaga
Cayenne Pepper	Savoy Cabbage
Celery	Shave Grass
Chives	Sorrel
Comfrey	Soy Sprouts
Cucumber	Spinach
Dandelion	Sprouted Chia
Dog Grass	Seeds
Endive	Sprouted Radish
French Cut Green Beans	Straw Grass
Garlic	Turnip
Green Cabbage	Watercress
Horseradish	Wheat Grass
Kamut Grass	White Cabbage
Kohlrabi	White Radish
	Zucchini

FRUITS

Avocado
Fresh Lemon
Limes
Tomato

ORGANIC GRAINS & LEGUMES

Buckwheat Groats
Granulated Soy
Lentils
Lima Beans
Quinoa
Soy Flour
Soy Lecithin
Soy Nuts
Soybeans
Spelt
Tofu
White Beans

NUTS

Almonds
Brazil Nuts

SEEDS

Caraway Seeds
Cumin Seeds
Fennel Seeds
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Wheat Kernel

FATS

(COLD-PRESSED OILS)

Borage Oil
Evening Primrose Oil
Flax Seed Oil
Marine Lipids
Olive Oil

MODERATELY ALKALINE / ACIDIC FOODS



FRUITS (IN SEASON)

Apple	Pear
Apricot	Pineapple
Banana	Plum
Black Currant	Raspberry
Blueberry	Red Currant
Cantaloupe	Rose Hips
Cherry	Strawberry
Coconut, Fresh	Tangerine
Cranberry	Watermelon
Currant	Yellow Plum
Date	
Gooseberry, Ripe	
Grape, Ripe	
Grapefruit	
Mandarin	
Mango	
Orange	
Papaya	
Peach	

GRAINS

Brown Rice
Wheat

NUTS

Hazelnuts
Macadamia Nuts
Walnuts

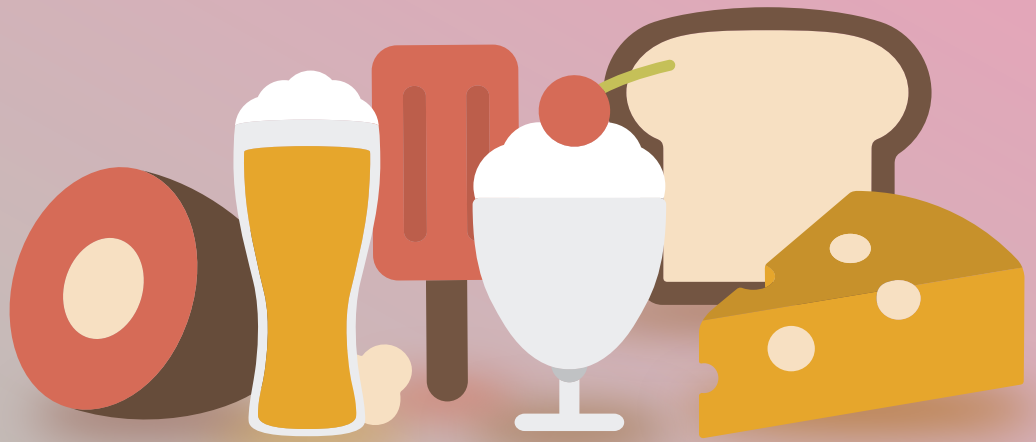
FISH

Fresh Water Fish

FATS

Coconut Milk
Sunflower Oil

HIGHLY ACIDIC FOODS



MEAT, POULTRY & FISH

Beef
Chicken
Eggs
Liver
Ocean Fish
Organ Meats
Oysters
Pork
Veal

MILK AND MILK PRODUCTS

Buttermilk
Cream
Hard Cheese
Homogenized Milk
Quark

BREAD, BISCUITS

Rye Bread
White Biscuit
White Bread
Whole-Grain Bread
Whole-Meal Bread

FATS

Butter
Corn Oil
Margarine

SWEETS

Artificial Sweeteners
Barley Malt Syrup
Beet Sugar
Brown Rice Syrup
Chocolate
Dried Sugar Cane Juice
Fructose
Honey
Malt Sweetener
Milk Sugar
Molasses
White Sugar

CONDIMENTS

Ketchup
Mayonaise
Mustard
Soy Sauce
Thousand Island
Vinegar

BEVERAGES

Beer
Carbonated Beverages
Coffee
Liquor
Milk
Packaged Fruit Juice
Sweetened Fruit Juice
Tea (Black)
Wine

MISCELLANEOUS

Canned Foods
Fast Food
Microwaved Foods
Processed Foods

NUTS

Cashews
Peanuts
Pistachios