



Are You Eating Enough Alkaline Foods to Maintain Vital Health?

This chart provides information that shows the contribution of various food substances to the acidifying of body fluids, and ultimately, to the urine, saliva, and blood. In general, it is important to eat a diet that contains foods from both sides of the chart.

Allergic reactions and other forms of stress tend to produce acids in the body. The presence of high acidity indicates that more of your foods should be selected from the alkalizing group.

People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume.

ALKALIZING FOODS

VEGETABLES

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

FRUITS

Apple
Apricot
Avocado
Banana (high glycaemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Lime
Honeydew Melon
Nectarine
Orange
Lemon
Peach
Pear
Pineapple
All Berries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

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

Nuts

OTHER

Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Probiotic Cultures
Green Juices
Veggies Juices
Fresh Fruit Juice
Organic Milk
(unpasteurised)
Mineral Water
Alkaline Antioxidant Water
Green Tea
Herbal Tea
Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha

SWEETENERS

Stevia

SPICES/SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chilli Pepper
Sea Salt
Miso
Tamari
All Herbs

ORIENTAL VEGETABLES

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi

Wakame
Sea Veggies



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ACIDIFYING FOODS		
<p>FATS & OILS</p> <ul style="list-style-type: none"> Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil <p>FRUITS</p> <ul style="list-style-type: none"> Cranberries <p>GRAINS</p> <ul style="list-style-type: none"> Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoi Rice (all) Rye Spelt Kamut Wheat Hemp Seed Flour <p>DAIRY</p> <ul style="list-style-type: none"> Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter 	<p>NUTS & BUTTERS</p> <ul style="list-style-type: none"> Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts <p>ANIMAL PROTEIN</p> <ul style="list-style-type: none"> Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison <p>PASTA (WHITE)</p> <ul style="list-style-type: none"> Noodles Macaroni Spaghetti <p>OTHER</p> <ul style="list-style-type: none"> Distilled Vinegar Wheat Germ Potatoes 	<p>DRUGS & CHEMICALS</p> <ul style="list-style-type: none"> Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides <p>ALCOHOL</p> <ul style="list-style-type: none"> Beer Spirits Hard Liquor Wine <p>BEANS & LEGUMES</p> <ul style="list-style-type: none"> Black Beans Chick Peas Green Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans Soy Beans Soy Milk White Beans Rice Milk Almond Milk