

Alkaline Diet Health Tips

Alkaline Foods		Debatable / Moderately Acidic Foods		Very Acidic Foods	
Vegetables Artichokes Asparagus (tips) Bamboo Shoots Broccoli Beetroots Bell Peppers Brussels Sprouts Cabbages Carrots Cauliflowers Celery Chard Chayote Chicory Chives Collard Greens Cucumbers Dandelions Dills Dulce Eggplant Endives Garlic Green Beans Green Olives Green Peas Greens (leafy) Horseradishes Jerusalem Artichokes Kale Kelp Leeks Lettuces Mustard Greens Okra Onions Oyster plants Parsley Parsnips Peas (fresh) Peppers Radishes Rutabagas Sea Veggies Spinach Sprouts (all)	Summer squash Sweet Potatoes Swiss chard Tomatoes Turnips Watercress Wheat grass Wild Greens Zucchini Fruits Avocados Grapefruits Lemons Limes Tomatoes Oils & Fats Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil Grasses & Sprouts Alfalfa Alfalfa Sprouts Amaranth Sprouts Barley Grass Broccoli Sprouts Dog Grass Fenugreek Sprouts Kamut Grass Kamut Sprouts Lemon Grass Millet Sprouts Mung Bean Sprouts Oat Grass Quinoa Sprouts Shave Grass Spelt Sprouts Wheat Grass	Vegetables Artichoke Asparagus Black Olives Cauliflower Mushrooms Parsnips Potato Pumpkins Spirulina Squash Sweetcorn Fruits Acai Berry Apples Apricots Bananas Berries Cherries Coconuts Cranberries Currants Dates Figs Goji Berries Gooseberries Grapes Mangos Melons Muskmelons Nectarines Oranges Papayas Peaches Pears Pineapples Plums Pomegranates Prunes Raisins Raspberries Rhubarbs Strawberries Tangerines Tropical Fruits	Oils & Fats Corn Oil Sunflower Oil Grasses & Sprouts All sprouts alkaline	NOTE: ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy & frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream & bread Vegetables Pickled, Frozen & Canned Vegetables Fruits All fruits are moderately acidic Oils & Fats All Cooked, Processed or Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats Grasses & Sprouts All Sprouts Are Alkaline	

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Grains, Cereals & Breads Amaranth Buckwheat Kamut Millet Quinoa Spelt Sprouted Breads Sprouted Tortillas Yeast-Free Breads Sweets & Desserts None Beans & Legumes All moderately acidic Nuts & Seeds Almond Butter Almonds Caraway Seeds Cumin Seeds Fennel Seeds Hemp Seeds Pumpkin Seeds Sesame Seeds Sunflower Seeds Drinks Alkaline Water Barley Grass Huide Coconut Water Fresh Lemon & Lime Water Fresh Veg Juices Green Drinks Green Tea Herbal Tea Wheat Grass Juice Udo's Choice Beyond Greens	Diary & Meat None Condiments & Spices (Unfermented Soy) Almond Butter Bee Pollen Bragg Aminos Chili Pepper Cinnamon Curry Powders Ginger Guacamole (fresh made) Herbs (all) Houmous Lemon Juice Lime Juice Sea Salt Oriental Vegetables Daikon Dandelion Root Kombu Maitake Nori Reishi Sea Vegetables Shitake Umeboshi Wakame	Grains, Cereals & Breads Brown Rice Sweets & Desserts Lo Han Guo Stevia Beans & Legumes (Chick Peas) Black Beans Canned Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Red Beans Soy Beans White Beans Nuts & Seeds Brazil Nuts Cashews Hazel Nuts Peanut Butter Peanuts Walnuts Drinks Tap, Bottled & Unfiltered Water Pasteurised Tomato Juice	Diary & Meat Butter (Raw) Buttermilk (Raw) Cheese (Raw) Milk (Raw) Quorn Tofu Whey (Raw) Yogurt (Organic Fresh) Condiments & Spices Apple Cider Vinegar Miso Tahini	Grains, Cereals & Breads Barley Bran, oat Bran, wheat Bread Corn Corn Chips Cornstarch Crackers Flour Flour Granola Macaroni Noodles Oatmeal Oats (rolled) Pasta Processed Grains Rice Cakes Rye Spaghetti Wheat Germ White Rice Wheat Sweets & Desserts ALL Sugar, Sugar Products & Artificial Sweeteners Beans & Legumes All moderately acidic Nuts & Seeds All moderately acidic	Drinks Alcohol Black Tea Cocoa Coffee Energy Drinks Milk Pasteurized Juice Soda Dairy & Meat ALL products Condiments & Spices Fermented Sauces Jams & Preserves Mayonnaise Soy Sauce Sweet Chili Sauce Tomato Ketchup Vinegar