

# Alkaline Diet Health Tips

Alkaline Foods			
<b>Vegetables</b>	Summer squash Sweet Potatoes Swiss chard Tomatoes Turnips Watercress Wheat grass Wild Greens Zucchini	<b>Grains, Cereals &amp; Breads</b> Amaranth Buckwheat Kamut Millet Quinoa Spelt Sprouted Breads Sprouted Tortillas Yeast-Free Breads	<b>Diary &amp; Meat</b> None
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)	<b>Fruits</b> Avocados Grapefruits Lemons Limes Tomatoes	<b>Sweets &amp; Desserts</b> None	<b>Condiments &amp; Spices</b> (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
	<b>Oils &amp; Fats</b> Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil	<b>Beans &amp; Legumes</b> All moderately acidic	<b>Oriental Vegetables</b> Daikon Dandelion Root Kombu Maitake Nori Reishi Sea Vegetables Shitake Umeboshi Wakame
	<b>Grasses &amp; Sprouts</b> 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	<b>Nuts &amp; Seeds</b> Almond Butter Almonds Caraway Seeds Cumin Seeds Fennel Seeds Hemp Seeds Pumpkin Seeds Sesame Seeds Sunflower Seeds	
		<b>Drinks</b> 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	