

# Alkaline Diet Health Tips

Alkaline Foods			
<b>Vegetables</b>	Summer squash	<b>Grains, Cereals &amp; Breads</b>	<b>Diary &amp; Meat</b>
Artichokes	Sweet Potatoes	Amaranth	None
Asparagus (tips)	Swiss chard	Buckwheat	<b>Condiments &amp; Spices</b>
Bamboo Shoots	Tomatoes	Kamut	(Unfermented Soy)
Broccoli	Turnips	Millet	Almond Butter
Beetroots	Watercress	Quinoa	Bee Pollen
Bell Peppers	Wheat grass	Spelt	Bragg Aminos
Brussels Sprouts	Wild Greens	Sprouted Breads	Chili Pepper
Cabbages	Zucchini	Sprouted Tortillas	Cinnamon
Carrots	<b>Fruits</b>	Yeast-Free	Curry Powders
Cauliflowers	Avocados	Breads	Ginger
Celery	Grapefruits	<b>Sweets &amp; Desserts</b>	Guacamole (fresh made)
Chard	Lemons	<u>None</u>	Herbs (all)
Chayote	Limes	<b>Beans &amp; Legumes</b>	Houmous
Chicory	Tomatoes	All moderately acidic	Lemon Juice
Chives	<b>Oils &amp; Fats</b>	<b>Nuts &amp; Seeds</b>	Lime Juice
Collard Greens	Avocado Oil	Almond Butter	Sea Salt
Cucumbers	Coconut Oil	Almonds	<b>Oriental Vegetables</b>
Dandelions	Flax Oil	Carraway Seeds	Daikon
Dills	Hemp Seed Oil	Cumin Seeds	Dandelion Root
Dulce	Olive Oil	Fennel Seeds	Kombu
Eggplant	Safflower Oil	Hemp Seeds	Maitake
Endives	Sesame Oil	Pumpkin Seeds	Nori
Garlic	<b>Grasses &amp; Sprouts</b>	Sesame Seeds	Reishi
Green Beans	Alfalfa	Sunflower Seeds	Sea Vegetables
Green Olives	Alfalfa Sprouts	<b>Drinks</b>	Shitake
Green Peas	Amaranth Sprouts	Alkaline Water	Umeboshi
Greens (leafy)	Barley Grass	Barley Grass	Wakame
Horseradishes	Broccoli Sprouts	Huide	
Jerusalem Artichokes	Dog Grass	Coconut Water	
Kale	Fenugreek	Fresh Lemon & Lime Water	
Kelp	Sprouts	Fresh Veg Juices	
Leeks	Kamut Grass	Green Drinks	
Lettuces	Kamut Sprouts	Green Tea	
Mustard Greens	Lemon Grass	Herbal Tea	
Okra	Millet Sprouts	Wheat Grass	
Onions	Mung Bean	Juice	
Oyster plants	Sprouts	Udo's Choice	
Parsley	Oat Grass	Beyond Greens	
Parsnips	Quinoa Sprouts		
Peas (fresh)	Shave Grass		
Peppers	Spelt Sprouts		
Radishes	Wheat Grass		
Rutabagas			
Sea Veggies			
Spinach			
Sprouts (all)			