

The Alkaline Diet

Eat 75% Alkaline/ 25% Acidic

Alkalizing Foods		
<i>Vegetables</i>	<i>Fruits</i>	<i>Other</i>
Garlic	Apple	Apple Cider Vinegar
Asparagus	Apricot	Bee Pollen
Fermented Veggies	Avocado	Lecithin Granules
	Banana (high glycemic)	Probiotic Cultures
Watercress	Cantaloupe	Green Juices
Beets	Cherries	Veggie Juices
Broccoli	Currants	Fresh Fruit Juice
Brussel Sprouts	Dates/Figs	Organic Milk (unpasteurized)
Cabbage	Grapes	Mineral Water
Carrot	Grapefruit	Alkaline Antioxidant
Cauliflower	Lime	Water
Celery	Honeydew Melon	Green Tea
Chard	Nectarine	Herbal Tea
Chlorella	Orange	Dandelion Tea
Collard Greens	Lemon	Ginseng Tea
Cucumber	Peach	Banchi Tea
Eggplant	Pear	Kombucha
Kale	Pineapple	
Kohirabi	All Berries	<i>Sweeteners</i>
Lettuce	Tangerine	Stevia
Mushrooms	Tomato	
Mustard Greens	Tropical Fruits	<i>Spices/Seasonings</i>
Dulce	Watermelon	Cinnamon
Dandelions		Curry
Edible Flowers	<i>Protein</i>	Ginger
Onions	Eggs	Mustard
Parsnips (high glycemic)	Whey Protein	Chili Pepper
Peas	Powder	Sea Salt
Peppers	Cottage Cheese	Miso
Pumpkin	Chicken Breast	Tamari
Rutabaga	Yogurt	All Herbs
Sea Veggies	Almonds	
Spirulina	Chestnuts	<i>Oriental Vegetables</i>
Sprouts	Tofu (fermented)	Maitake
Squashes	Flax Seeds	Daikon
Alfalfa	Tempeh (fermented)	Dandelion Root
Barley Grass	Squash Seeds	Shitake
Wheat Grass	Sunflower Seeds	Kombu
Wild Greens	Millet	Reishi
Nightshade	Sprouted Seeds	Nori
Veggies	Nuts	Umeboshi
		Wakame
		Sea Veggies

Acidifying Foods		
<i>Fats & Oils</i>	<i>Nuts & Butters</i>	<i>Drugs & Chemicals</i>
Avocado Oil	Cashews	Chemicals
Canola Oil	Brazil Nuts	Drugs
Corn Oil	Peanuts	Medicinal
Hemp Seed Oil	Peanut Butter	Drugs
Flax Oil		Psychedelic
Lard	Pecans	Pesticides
Olive Oil	Tahini	Herbicides
Safflower Oil	Walnuts	
Sesame Oil	<i>Animal Protein</i>	<i>Alcohol</i>
Sunflower Oil	Beef	Beer
	Carp	Spirits
<i>Fruits</i>	Clams	Hard Liquor
Cranberries	Fish	Wine
	Lamb	
<i>Grains</i>	Lobster	<i>Beans & Legumes</i>
Rice Cakes	Mussels	Black Beans
Wheat Cakes	Oyster	Chick Peas
Amaranth	Pork	Green Peas
Barley	Rabbit	Kidney Beans
Buckwheat	Salmon	Lentils
Corn	Shrimp	Lima Beans
Oats (rolled)	Scallops	Pinto Beans
Quinol	Tuna	Red Beans
Rice (all)	Turkey	Soy Beans
Rye	Venison	Soy Milk
Spelt		White Beans
Kamut	<i>Pasta (White)</i>	Rice Milk
Wheat	Noodles	Almond Milk
Hemp Seed	Macaroni	
Flour	Spaghetti	
	<i>Other</i>	
<i>Dairy</i>	Distilled	
Cheese	Vinegar	
Cow Cheese	Wheat Germ	
Goat Cheese	Potatoes	
Processed Cheese		
Sheep Milk		
Butter		