

## ALKALIZING FOODS

### VEGETABLES

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

### FRUITS

All Berries  
Apple  
Apricot  
Avocado  
Banana (high glycemic)  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapefruit  
Grapes  
Honeydew Melon  
Lemon  
Lime  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
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

### SWEETENERS

Stevia

### SPICES/SEASONINGS

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

### ORIENTAL VEGETABLES

Maitake  
Daikon  
Dandelion Root  
Shitake  
Kombu  
Reishi  
Nori  
Umeboshi  
Wakame  
Sea Veggies

### OTHER

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

## ACIDIFYING FOODS

### FATS & OILS

Avocado Oil  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil

### FRUITS

Cranberries

### GRAINS

Rice Cakes  
Wheat Cakes  
Amaranth  
Barley  
Buckwheat  
Corn  
Oats (rolled)  
Quinoa  
Rice (all)  
Rye  
Spelt  
Kamut  
Wheat  
Hemp Seed Flour

### DAIRY

Cheese, Cow  
Cheese, Goat  
Cheese, Processed  
Cheese, Sheep  
Processed Milk  
Butter

### ANIMAL PROTEIN

Beef  
Carp  
Clams  
Fish  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison

### PASTA (WHITE)

Noodles  
Macaroni  
Spaghetti

### DRUGS & CHEMICALS

Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides

### BEANS & LEGUMES

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

### NUTS & BUTTERS

Cashews  
Brazil Nuts  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts

### ALCOHOL

Beer  
Spirits  
Hard Liquor  
Wine

### OTHER

Distilled Vinegar  
Wheat Germ  
Potatoes