



ALKALINE FOODS

ACID FOODS

VEGETABLES

- Artichokes
- Arugula
- Asparagus
- Basil
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Cabbage Lettuce
- Capsicum/Pepper
- Carrot
- Cauliflower
- Celery
- Chives
- Collard/Spring Greens
- Comfrey
- Coriander
- Cucumber
- Endive
- Garlic
- Ginger
- Grasses
- Green Beans
- Kale*
- Kohlrabi
- Lamb's Lettuce
- Leeks
- Lettuce
- Mustard Greens
- New Baby Potatoes
- Okra
- Onion
- Parsley
- Peas
- Pumpkin
- Radish
- Red Cabbage
- Red Onion
- Rutabaga
- Spinach*
- Sprouts
- Squash
- Turnip
- Watercress
- White Cabbage
- Zucchini

FRUITS

- Avocado
- Coconut
- Grapefruit
- Lemon
- Lime
- Pomegranate
- Rhubarb
- Tomato

DRINKS

- Almond Milk
- Fresh Vegetable Juice
- Green Drinks
- Herbal Tea
- Lemon Water (pure water + fresh water or lime)
- Non-sweetened Soy Milk
- Water (distilled, RO, ionized)
- Vegetable Broth

SEEDS & NUTS

- Almonds
- Any Sprouted Seed
- Buckwheat Groats
- Caraway Seeds
- Cumin Seeds
- Fennel Seeds
- Hemp Seeds
- Lentils
- Sesame Seeds
- Spelt

OTHERS

- Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, brocolli, etc.)
- Hummus
- Tahini

FATS & OILS

- Flax
- Hemp
- Avocado
- Olive
- Evening Primrose
- Borage
- Oil Blends

MEATS

- Pork
- Lamb
- Beef
- Chicken
- Turkey
- Crustaceans
- Other Seafood (apart from occasional oily fish such as salmon)

OTHERS

- Vinegar
- White Pasta
- White Bread
- Biscuits
- Soy Sauce
- Tamari
- Condiments (Tomato Sauce, Mayo, etc.)
- Artificial Sweeteners
- Honey

CONVENIENCE FOODS

- Sweets
- Chocolate
- Microwave Meals
- Tinned Foods
- Powdered Soups
- Instant Meals
- Fast Food

FRUITS

- All fruits, except those listed in the alkaline column

DAIRY PRODUCTS

- Milk
- Eggs
- Cheese
- Cream
- Yogurt
- Ice Cream

DRINKS

- Fizzy Drinks
- Coffee
- Tea
- Beer
- Spirits
- Fruit Juice
- Dairy Smoothies
- Milk
- Traditional Tea

FATS & OILS

- Saturated Fats
- Hydrogenated Oils
- Margarine (worse than butter)
- Corn Oil
- Vegetable Oil
- Sunflower Oil

SEEDS & NUTS

- Peanuts
- Cashew Nuts
- Pistachio Nuts

General Guidance:

Stick to salads, fresh vegetables and healthy nuts and oils. Strive to consume plenty of raw foods as well as at least 2 to 3 liters of clean, pure water every day.

*Caution with spinach and kale as large amounts of oxalates are present.

General Guidance:

Avoid fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods commonly contain large amounts of sugars and salts. Over-cooking removes the majority of nutritional factors from food.