

ALKALIZING FOODS

It is recommended that 80% of your diet consists of alkalizing foods.

Vegetables

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

Fruits

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

Protein

Eggs	Cottage Cheese	Whey Protein Powder	Chicken Breast	Chestnuts	Almonds
Flax Seeds	Pumpkin Seeds	Tempeh (fermented)	Tofu (fermented)	Yogurt	Squash Seeds
Sunflower Seeds	Millet Sprouted				

Other

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

Sweeteners

Stevia

Spices/Seasonings

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

Oriental Vegetables

Maltake	Dalkon	Dandelion Root	Shitake	Kombu	Relshi
Nori	Umeboshi	Wakame	Sea Veggies		