

FoodMastery: Alkaline Foods

High Alkaline Foods: Eat Lots of These Foods!

Vegetables
Alfalfa Grass
Asparagus
Barley Grass
Brussel Sprouts
Cabbage Lettuce, Fresh
Cauliflower
Cayenne Pepper
Celery
Comfrey
Cucumber
Dandelion
Dog Grass
Endive, Fresh
Garlic

Green Beans
Green Cabbage, Dec
Green Cabbage, Mar
Kamut Grass
Lamb's Lettuce
Leeks, Bulbs
Lettuce
Onion
Peas, Fresh
Peas, Ripe
Red Cabbage
Rhubarb Stalks
Savoy Cabbage
Shave Grass
Sorrel

Soy Sprouts
Spinach, Other Than Mar
Spinach, Mar. Harvest
Sprouted Chia Seeds
Sprouted Radish Seeds
Straw Grass
Watercress
Wheat Grass
White Cabbage
Zucchini
Root Vegetables
Beet
Carrot
Horseradish

Kohlrabi
Potatoes
Red Radish
Rutabaga
Summer Black Radish
Turnip
White Radish
Fruits
Avocado
Fresh Lemon
Limes
Tomato
Non-Stored Grains & Legumes
Buckwheat Groats

Granulated Soy
Lentils
Lima Beans
Navy Beans
Soy Flour
Soy Lecithin
Soy Nuts
Soybeans, Fresh
Spelt
Tofu

Nuts & Seeds
Almonds
Brazil Nuts
Caraway Seeds

Borderline Foods: Foods You Should Only Consume Moderately!

Fruits (In Season)
Apricot
Banana, Ripe
Banana, Unripe
Black Currant
Blueberry
Cantaloupe
Cherry, Sour
Cherry, Sweet
Coconut, Fresh

Cranberry
Date
Fig Juice Powder
Gooseberry, Ripe
Grape, Ripe
Grapefruit
Italian Plum
Mandarin Orange
Mango
Orange

Papaya
Peach
Pear
Pineapple
Raspberry
Red Currant
Rose Hips
Strawberry
Tangerine
Watermelon

Yellow Plum
Non-Stored Grains & Legumes
Brown Rice
Wheat
Nuts & Seeds
Hazelnuts
Macadamia Nuts
Walnuts

Fats
Coconut Milk
Sunflower Oil
Meat, Poultry, Fish
Fresh Water Fish

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Unhealthy Acidic Foods: Try to Avoid These Foods

Meat, Poultry, & Fish
Beef
Chicken
Eggs
Liver
Ocean Fish
Organ Meats
Oysters
Pork
Veal

Sweets
Artificial Sweeteners
Barley Malt Syrup
Beet Sugar
Brown Rice Syrup
Chocolate
Dried Sugar Cane Juice
Fructose
Honey
Malt or Milk Sweetener
Milk Sugar
Molasses
Turbinado Sugar
White Sugar

Fats
Butter
Corn Oil
Margarine

Stored Grains & Risen Dough
Rye Bread
White Biscuit
White Bread
Whole-Grain Bread
Whole-Meal Bread

Nuts & Seeds
Cashews
Peanuts
Pistachios

Milk & Milk Products
Buttermilk
Cream
Hard Cheese
Homogenized Milk
Quark

Condiments
Ketchup
Mayonnaise
Mustard
Soy Sauce
Vinegar

Beverages
Beer
Coffee
Fruit Juice, Sweetened
Liquor
Tea, Black
White Sugar
Wine

Miscellaneous
Canned Foods
Microwaved Foods
Processed Foods