

Alkaline-Forming Foods

Eat 80% Raw Fruits And Veggies

Vegetables

- Alfalfa
- Asparagus
- Barley Grass
- Beet Tops
- Beets
- Bok Choi
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Cucumber
- Daikon Radish
- Dandelion, leaf & root
- Edible Flowers
- Eggplant
- Fermented Veggies
- Garlic
- Jicama
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard Greens
- Onions
- Parsnips
- Peppers
- Pumpkin
- Rutabaga
- Squashes
- Turnips
- Water Chestnuts
- Watercress
- Wheatgrass
- Wild Greens
- Zucchini

Protein

- Almonds
- Pumpkin Seed

Sweeteners

- Green Leaf Stevia

Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Cantaloupe
- Cherries
- Currants
- Dates/Figs
- Grapefruit
- Grapes
- Honeydew
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Raspberries
- Strawberries
- Tangerines
- Tomatoes
- Tropical Fruits
- Watermelon

Seasonings

- Apple Cider Vinegar
- Cinnamon
- Curry
- Ginger
- Himalayan Salt
- Herbs

Acid-Forming Foods

Eat 20% or less Cooked Foods And All Meats

Animal Protein

- Anything from an animal
- Beef
- Fish (Cod, Salmon, Tuna etc.)
- Lamb
- Pork
- Poultry (Chicken, Eggs, Turkey etc.)
- Processed Meats (Wieners, Lunchmeats, Deli Meats, Salami, Pepperoni etc.)
- Rabbit
- Shellfish (Crab, Lobster, Mussels, Oysters, Scallops, Shrimp etc.)

Dairy

- Butter
- Cheese (Cow, Goat, Sheep)
- Cream
- Milk
- Whipping Cream
- Yogurt

Fruits

- BLUEBERRIES
- CRANBERRIES
- PLUMS

Other

- Alcohol
- Chocolate
- Drugs

Nuts and Butters

- Brazil Nuts
- Cashews
- Hemp Seed
- Peanut Butter
- Peanuts
- Pecans
- Tahini
- Walnuts etc.

Beans and Legumes

- Chick Peas /Garbanzo Beans
- Green Peas
- Kidney Beans
- Lentils
- Lima Beans
- Pinto Beans
- Red Beans
- Soya Products (Beans, Cheese, Milk)

Grains and Cereals

- Amaranth
- Barley
- Buckwheat
- Corn
- Kamut
- Noodles
- Oats
- Pasta
- Quinoa
- Rice (all varieties, rice cakes, milk)
- Rye,
- Sorghum
- Spelt
- Wheat (all)

Fats, Oils, Sugars

- ALL!
- Sweeteners
- Stevia Extract