

→  
Try to  
eat  
80%  
from  
this  
list

ALKALIZING FOODS		ACIDIFYING FOODS	
RAW FRUITS AND VEGGIES		COOKED FOODS AND ALL MEATS	
<b>VEGETABLES</b>	<b>Fruits</b>	<b>Fats and Oils</b>	<b>NUTS AND BUTTERS</b>
<ul style="list-style-type: none"> <li>• ALFALFA</li> <li>• Asparagus</li> <li>• Barley Grass</li> <li>• Beet Tops</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussel Sprouts</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chard</li> <li>• Cucumber</li> <li>• Dandelions</li> <li>• Edible Flowers</li> <li>• Eggplant</li> <li>• Fermented Veggies</li> <li>• Garlic</li> <li>• Kale</li> <li>• lettuce</li> <li>• Mushrooms</li> <li>• Mustard Greens</li> <li>• Onions</li> <li>• Parsnips</li> <li>• Peas</li> <li>• Peppers</li> <li>• Pumpkin</li> <li>• Rutabaga</li> <li>• Sea Veggies</li> <li>• Squashes</li> <li>• Watercress</li> <li>• Wheat Grass</li> <li>• Wild Greens</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Avocado</li> <li>• Banana</li> <li>• Berries</li> <li>• Cantaloupe</li> <li>• Cherries</li> <li>• Currants</li> <li>• Dates/Figs</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Honeydew</li> <li>• Lemon</li> <li>• Lime</li> <li>• Melon</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Tangerine</li> <li>• Tomato</li> <li>• Tropical Fruits</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado Oil</li> <li>• Canola Oil</li> <li>• Corn Oil</li> <li>• Flax Oil</li> <li>• Hemp Seed Oil</li> <li>• Lard</li> <li>• Olive Oil</li> <li>• Safflower Oil</li> <li>• Sesame Oil</li> <li>• Sunflower Oil</li> </ul>	<ul style="list-style-type: none"> <li>• Brazil Nuts</li> <li>• Cashews</li> <li>• Peanut Butter</li> <li>• Peanuts</li> <li>• Pecans</li> <li>• Tahini</li> <li>• Walnuts</li> </ul>
	<b>SPICES/SEASONINGS</b>	<b>FRUITS</b>	<b>ANIMAL PROTEIN</b>
	<ul style="list-style-type: none"> <li>• Cinnamon</li> <li>• Curry</li> <li>• Ginger</li> <li>• Herbs</li> <li>• Himalayan Salt</li> <li>• Imlso</li> <li>• Mustard</li> <li>• Sea Salt</li> <li>• Tamar</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Cranberries</li> <li>• Plums</li> </ul>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Buffalo</li> <li>• Fish(Salmon, Tuna)</li> <li>• Lamb</li> <li>• Pork</li> <li>• Rabbit</li> <li>• Shellfish (Lobster, Mussels, Oyster, Shrimp, Scallops)</li> <li>• Turkey</li> <li>• Venison</li> </ul>
	<b>OTHER</b>	<b>GRAINS/CEREALS</b>	<b>BEANS AND LEGUMES</b>
	<ul style="list-style-type: none"> <li>• Apple Cider Vinegar</li> <li>• Daikon Root</li> <li>• Green Smoothies</li> <li>• Kombu</li> <li>• Maitake</li> <li>• Nori</li> <li>• Reishi</li> <li>• Shitake</li> <li>• Umeshoshi</li> <li>• Wakame</li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Buckwheat</li> <li>• Corn</li> <li>• Flour</li> <li>• Hemp Seed</li> <li>• Kamut</li> <li>• Oats</li> <li>• Pasta (Noodles, macaroni, Spaghetti)</li> <li>• Quinoa</li> <li>• Rice (all)</li> <li>• Rice Cakes</li> <li>• Rye</li> <li>• Spelt</li> <li>• Wheat</li> <li>• Wheat Cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Black Beans</li> <li>• Chick Peas</li> <li>• Green Peas</li> <li>• Kidney Beans</li> <li>• Lentils</li> <li>• Lima Beans</li> <li>• Pinto Beans</li> <li>• Red Beans</li> <li>• Rice Milk</li> <li>• Soy Beans</li> <li>• Soy Milk</li> </ul>
		<b>DAIRY</b>	<b>ALCOHOL</b>
<b>SWEETENERS</b>		<ul style="list-style-type: none"> <li>• Cheese (Cow, Goat, Sheep, Processed)</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beer</li> <li>• Hard Liquor</li> <li>• Spirits</li> <li>• Wine</li> </ul>
<ul style="list-style-type: none"> <li>• Green Leaf Stevia</li> </ul>			<b>DRUGS AND CHEMICALS</b>
			<ul style="list-style-type: none"> <li>• Chemicals</li> <li>• Drugs (medicinal, Psychedelic)</li> <li>• Herbicides</li> <li>• Pesticides</li> </ul>
			<b>MISC.</b>
			<ul style="list-style-type: none"> <li>• Distilled Vinegar</li> <li>• Potatoes</li> <li>• Wheat Germ</li> </ul>

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Try to  
eat  
20%  
from  
this  
list

## SUEDE HILLS ORGANIC FARM

PACS Certified Organic Farm #16-419

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