

ALKALINE FOODS

FRUITS

Apples
Apricots
Avocados
Bananas (ripe)
Berries (all)
Cantaloupe
Carob, pod only
Cherries
Currants
Dates
Figs
Grapes
Mangoes
Melons (all)
Olives (fresh)
Papayas
Peaches
Pears
Raisins

LEMONS & LIMES

Citrus fruits are acidic, yet because of their high calcium content they produce an alkaline effect during the digestive process. People can experience citrus fruits as acid or as alkaline.

VEGETABLES

Asparagus, ripe
Aubergine
Beans-
 green
 lima, string,
 sprouts
Beets and tops
Broccoli
Cabbage (red &
 white)

Carrots
Celery
Cauliflower
Chard
Chicory
Chives
Cowslip
Cucumber
Dandelion greens
Dill
Dock, green
Dulse, seaweed
Endive
Garlic
Kale
Lettuces
Mushrooms (most)
Parsnips
Peppers (green & red)
Potatoes (all)
Pumpkin
Radish
Swede
Sorrel
Soybeans
Spinach
Spring greens
Squash
Turnips and tops
Watercress

DAIRY PRODUCTS

Acidophilus
Buttermilk
Milk (raw)
Whey
Goats milk yogurt

FLESH FOODS

None

CEREALS

Millet
Corn, green (first 24
 hours)

MISCELLANEOUS

Agar-Agar
Alfalfa products
Apple cider vinegar
Coffee substitutes
Ginger, dried
Honey
Kelp
Tisanes or herb teas -
 mint
 clover
 alfalfa
 mate, sage

NUTS

Almonds

ALKALIZERS

Cold Showers
Love
Laughter
Hugs
Fresh air