# The Detailed List of Alkaline Foods

*Yellow Highlights indicate 'Lowest Acid' Foods

## Vegetables / Beans / Legumes/Root

Arugula
Asparagus
Beet
Bell Pepper
Broccoli
Broccoflower
Brussel Sprout
Cabbage
Cauliflower
Celery
Chive
Cilantro
Collard Greens
Cucumber
Daikon
Eggplant
Endive
Garlic
Ginger Root
Ginseng
Jicama
Kale
Kohlrabi
Lotus Root/Burdock
Lentil
Miso
Mushroom / Fungi
Mustard Greens
Okra
* Spinach
Onion
*Fava Bean
Parsley
*Kidney Bean
Parsnip
*Black-eyed Pea
Potato
*String/Wax Bean
Pumpkin
*Zucchini
Rutabaga
*Chutney
Salsify
*Rhubarb
Sea Vegetable
Seaweed: Nori & Kombu
Scallion
Squash
Sweet Potato / Yam
Taro / Taro Root
Turnip Greens
Wakame / Hijiki

## Sprouts

Alfalfa Sprouts
Amaranth Sprouts
Broccoli Sprouts
Chickpea Sprouts
Fenugreek Sprouts
Kamut Sprouts
Lentil Sprouts
Mung Bean Sprouts
Quinoa Sprouts
Radish Sprouts
Spelt Sprouts
Sunflower Sprouts
Wheatgrass Sprouts

## Grains

*Amaranth
*Brown Rice
*Triticale
*Millet
*Kasha
Oat
Quinoa
Wild Rice
Japonica Rice

## Meat/Game/Fish/Fowl

*Gelatin / Organs
*Fish

## Nuts & Seeds

Almond
Cashew
Chestnut
Flax / Hemp
Linseed
Pine Nut
Poppy Seed
Pumpkin Seed
Sesame Seed
Seeds (most)

## Oils

Avocado
Coconut
Cod Liver
Flax/Linseed
*Grapeseed
Macadamia
Olive
Primrose
Pumpkin Seed
Sesame
*Sunflower

## Beverage

Alkaline Water
*Kona Coffee
Ginger Tea
Grain Coffee
Green or Mu Tea
Herbal Teas
Kombucha
Mineral Water

## Fruits

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cantaloupe
Cherry
Citrus
Dewberry
Grape
Grapefruit
Honeydew
Lemon
Lime
Loganberry
Mango
Nectarine
Olive
Papaya
Peach
Pear
Persimmon
Pineapple
Raisin / Currant
Raspberry
Strawberry
Tangerine
Umeboshi Plum
Watermelon
*Coconut

## Sweetener / Vinegar

Apple Cider Vinegar
*Honey / Maple Syrup
Molasses
Rice Syrup / *Rice Vinegar
Soy Sauce
Sucanat
Umeboshi Vinegar

## Therapeutic

Algae, Blue-Green
Umeboshi Plum

## Eggs

*Chicken
* Duck
* Quail

## Grasses

Alfalfa Grass
Algae / Blue-Green
Barley Grass
Dandelion
Kamut Grass
Oat Grass
Shave Grass
Wheat Grass

## Spice / Herb

Arnica
Artemisia Annua
Baking Soda
Basil
Bergamot
Black Cohosh
Chrysanthemum
Cinnamon
*Curry
Echinacea
Ephedra
Feverfew
Licorice
Mint
Pepper
Sea Salt
Slippery Elm
Valerian
White Willow Bark

## Dairy/Cow/Human

Ghee (Clarified Butter)
Human Breast Milk