

Alkaline Foods

1. Root vegetables

Due to the healing "yang" nature of these foods in traditional Chinese medicine, and their tendency to be more rich in minerals than many other vegetables, it may be safe to say that you can't get enough of them. Look for radishes especially (black, red or white), as well as beets, carrots, turnips, horseradish and rutabaga. Ready to eat after steaming for just 15-20 minutes, root vegetables will help you feel both satiated and better grounded.

2. Cruciferous vegetables

These are the veggies we all know and love, made even more delicious with just a small amount of healthy, homemade sauce like pesto. Choose from broccoli, cabbage, cauliflower, Brussels sprouts and the like.

3. Leafy greens

These include kale, Swiss chard, turnip greens and spinach - of which spinach may in fact be the best pick. Known especially for its rich vitamin K and folate content, spinach is also packed with vitamins, minerals, phytochemicals, antioxidants and fiber, helping to improve digestion and even vision.

4. Garlic

A true miracle food, garlic appears at the top of innumerable lists of foods that encourage overall health, and alkaline-forming food is no exception. Among its other benefits are its ability to promote cardiovascular and immune health by lowering blood pressure, cleansing the liver and fighting off disease.

5. Cayenne peppers (capsicum)

As part of a family of potent, tropical peppers which contain enzymes essential to endocrine function, cayenne is among the most alkalizing foods. It is known for its antibacterial properties and is a rich supply of vitamin A, making it a helpful agent in fighting off the harmful free radicals that lead to stress and illness.

6. Lemons

Lemons may be the most alkalizing food of all. As a natural disinfectant, it can heal wounds while also providing potent and immediate relief for hyperacidity and virus-related conditions, as well as coughs, colds, flu and heartburn. Lemon also works to energize the liver and promote detoxification.

Highly alkaline	Moderately alkaline	Low alkaline	Very low alkaline
baking soda	apples	almonds	alfalfa sprouts
chlorella	apricots	apple cider vinegar	avocado oil
dulse	arugula	apples (sour)	banana
lemons	asparagus	artichokes (jerusalem)	beet
lentils	banchi tea	avocado	blueberry
limes	beans (fresh green)	bell pepper	brussel sprouts
lotus root	broccoli	blackberry	celery
mineral water	cantaloupe	brown rice vinegar	chive
nectarine	carob	cabbage	cilantro
onion	carrots	cauliflower	coconut oil
persimmon	cashews	cherry	cucumber
pineapple	cayenne	cod liver oil	currant
pumpkin seed	chestnuts	collard green	duck eggs
raspberry	citrus	egg yolks	fermented veggies
sea salt	dandelion	eggplant	flax oil
sea vegetables	dandelion tea	ginseng	ghee
seaweed	dewberry	green tea	ginger tea
spirulina	edible flowers	herbs	grain coffee
sweet potato	endive	honey (raw)	grapes
tangerine	garlic	leeks	hemp seed oil
taro root	ginger (fresh)	mushrooms	japonica rice
umeboshi plums	ginseng tea	nutritional yeast	lettuces
vegetable juices	grapefruit	papaya	oats
watermelon	herbal tea	peach	okra
	herbs (leafy green)	pear	olive oil

	honeydew	pickles (homemade)	orange
	kale	potato	quinoa
	kombucha	primrose oil	raisin
	kelp	pumpkin	sprouted seeds
	kiwifruit	quail eggs	squashes
	kohlrabi	radishes	strawberry
	loganberry	rice syrup	sunflower seeds
	mango	rutabaga	tahini
	molasses	sake	tempeh
	mustard green	sesame seed	turnip greens
	olive	sprouts	umeboshi vinegar
	parsley	watercress	wild rice
	parsnip		
	passion fruit		
	peas		
	pepper		
	raspberries		
	soy sauce		
	spices		
	sweet corn (fresh)		
	turnip		

Very low acidic	Low acidic	Moderately acidic	Highly acidic
amaranth	adzuki beans	barley groats	artificial sweeteners
black-eyed peas	aged cheese	basmati rice	barley
brown rice	alcohol	bear	beef
butter	almond oil	casein	beer
canola oil	balsamic vinegar	chestnut oil	brazil nuts
chutney	black tea	chicken	breads
coconut	boar	coffee	brown sugar
cream	buckwheat	corn	cocoa
curry	chard	cottage cheese	cottonseed oil
dates	cow milk	cranberry	flour (white)
dry fruit	elk	egg whites	fried foods
fava beans	farina	fructose	fruit juices with sugar
figs	game meat	garbanzo beans	hazelnuts
fish	goat milk	green peas	hops
gelatin	goose	honey (pasteurized)	ice cream
goat cheese	kamut	ketchup	jam / jelly
grape seed oil	kidney beans	lard	liquor
guava	lamb	maize	lobster
honey	lima beans	mussels	malt
kasha	milk	mustard	pasta (white)
koma coffee	mollusks	nutmeg	pheasant
maple syrup	mutton	oat bran	pickles (commercial)
millet	navy beans	olives (pickled)	processed cheese
organs	pinto beans	other legumes	seafood
pine nuts	plum	palm kernel oil	soft drinks

pumpkin seed oil	red beans	pasta (whole grain)	soybean
rhubarb	safflower oil	pastry	sugar
sheep cheese	seitan	peanuts	table salt
spinach	semolina	pecans	walnuts
string beans	sesame oil	pistachio seeds	white bread
sunflower oil	shell fish	pomegranate	white vinegar
triticale	soy cheese	popcorn	whole wheat foods
venison (deer)	spelt	pork	wine
vinegar	tapioca	prunes	yeast
wax beans	teff	rye	yogurt (sweetened)
wild duck	tofu	snow peas	
zucchini	tomatoes	soy milk	
	turkey	squid	
	vanilla	veal	
	wheat		
	white beans		
	white rice		