

Alkaline Formin

VEGETABLES

Garlic
Asparagus
Fermented Veggies
Watercress
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dulce
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas

<p>Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies</p>				
<p>ORIENTAL VEGETABLES Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies</p>				

Acid Forming Foods

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Rice Cakes
Wheat Cakes
Amaranth
Barley
Buckwheat
Corn
Oats (rolled)
Quinoa
Rice (all)
Rye
Spelt
Kamut
Wheat
Hemp Seed Flour

NUTS & BUTTERS

Cashews
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ANIMAL PROTEIN

Beef
Carp
Chicken
Clams
Eggs
Fish
Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA (WHITE)

DRUGS & CHEMICALS

Aspartame
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Pesticides
Herbicides

ALCOHOL

Beer
Spirits
Hard Liquor
Wine

BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk

<p>DAIRY</p> <p>Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter</p>	<p>Noodles Macaroni Spaghetti</p> <p>OTHER</p> <p>Distilled Vinegar Wheat Germ Potatoes</p>	
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