

## **Alkaline Foods - 75% of diet**

Vegetables: Sea vegetables, burdock, lentils, onion, daikon, taro, sweet potato, kohlrabi, parsnip, garlic, kale, endive, mustard greens, ginger root, broccoli, potato, bell pepper, mushrooms, cauliflower, eggplant, pumpkin, collard greens, brussels sprouts, chives, cilantro, okra, squash, lettuce

Fruit: Limes, nectarines, persimmons, raspberries, watermelon, tangerines, grapefruit, cantaloupe, honeydew, citrus, olives, loganberries, mango, lemons, pears, avocado, pineapple, apples, blackberries, cherries, peaches, papaya, oranges, apricots, bananas, blueberries, currants, raisins, grapes, strawberries

Nuts, seeds, oils: Pumpkin seeds, poppy seeds, chestnuts, pepper, primrose oil, sesame seeds, almonds, sprouts, avocado oil, flaxseed oil, coconut oil, olive oil, other seeds

Grains: Oats, grain coffee, quinoa, wild rice

Condiments: Baking soda, sea salt, mineral water, umeboshi plums, spices, cinnamon, molasses, soy sauce, herbs, green tea, rice syrup, apple cider vinegar, ginger tea, umeboshi vinegar, ghee

Dairy -- Buttermilk, cheeses and yoghurt.

## **Acidifying Foods -- 25% of diet**

Dairy: Processed cheese, ice cream, soymilk, cow's milk, aged cheese, soy cheese, cream

Animal meat: All meat, poultry, eggs, and seafood. Beef, pheasant, pork, veal, squid, lobster, chicken, lamb, boar, shellfish, goose, turkey, eggs, gelatin, organs, venison, duck

Grains: All foods made from cereal grains including breads, breakfast cereals, crackers, pasta and rice. Barley, barley groats, corn, rye, oat bran, buckwheat, wheat, kamut, spelt, teff, semolina, white rice, millet, kasha, amaranth, brown rice. Avoid all refined flour products such as white bread, pasta, cakes, pies, cookies.

Legumes : Legumes including beans, peas, lentils and peanuts.

Nuts, seeds: All nuts. Hazelnuts, walnuts, Brazil nuts, pistachio seeds, pecans, palm kernel oil, almond oil, sesame oil, safflower oil, pumpkinseed oil, grapeseed oil, sunflower oil, pine nuts, canola oil

Vegetables: Soy beans, carob, green peas, peanuts, snow peas, carrots, chickpeas, tofu, pinto beans, white or red beans, azuki beans, lima beans, kidney beans, string beans, rhubarb

Fruit: Fruits containing benzoic or oxalic acid including prunes, plums, cranberries, rhubarb and sour cherries.

Condiments: Jam, jelly, table salt, yeast, sugar, chocolate, cocoa, white vinegar, nutmeg, coffee, saccharin, vanilla, black tea, alcohol, balsamic vinegar, curry, honey, maple syrup, rice vinegar. Also avoid chocolate milk, sodas, wine, alcohol