

## ALKALINE FOODS

PRINT FOR YOUR CONVENIENCE

Alfalfa Barley Grass	Mushrooms	Maitake	Lime
Beet Greens	Mustard Greens	Nori	Muskmelons
Beets	Nightshade Veggies	Reishi	Nectarine
Broccoli	Onions	Shitake	Orange
Cabbage	Parsnips (high glycemic)	Umeboshi	Peach
Carrot	Peas	Wakame	Pear
Cauliflower	Peppers	Apple	Pineapple
Celery	Pumpkin	Apricot	Raisins
Chard Greens	Radishes	Avocado	Raspberries
Chlorella	Rutabaga	Banana (high glycemic)	Rhubarb
Collard Greens	Sea Veggies	Berries	Strawberries
Cucumber	Spinach, green	Blackberries	Tangerine
Dandelions	Spirulina	Cantaloupe	Tomato
Dulce	Sprouts	Cherries, sour	Tropical Fruits
Edible Flowers	Sweet Potatoes	Coconut, fresh	Umeboshi Plums
Eggplant	Tomatoes	Currants	Watermelon
Fermented Veggies	Watercress	Dates, dried	Almonds
Garlic	Wheat Grass	Figs, dried	Chestnuts
Green Beans	Wild Greens	Grapes	Millet
Green Peas	Daikon	Grapefruit	
Kale	Dandelion Root	Honeydew Melon	
Kohlrabi	Kombu	Lemon	
Lettuce			

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.