Alkaline Foods List

ATTENTION: It is important you do an alkaline diet the correct way.

Eating the correct foods is one part, but there is more to it than just that.

Breads Corn Tortillas X X Breads Rye bread X X Breads Sourdough bread X X Breads White biscuit X X Breads Whole-grain bread X X Breads Whole-meal bread X X Condiments Ketchup X X Condiments Mysonnaise X X Condiments Mustard X X Condiments Mustard X X Condiments Soy sauce X X Dairy Buttermilk X X Dairy Cheese (all varieties, from all milks) X X Dairy Cheese (all varieties, from all milks) X X Dairy Egg whites X X X Dairy Egg whites X X X Dairy Egg whites X X Dairy Milk (not pasteurized) X X <th></th> <th></th> <th></th> <th colspan="6">Rating</th>				Rating					
Breads Rye bread X Breads Sourdough bread X Breads White biscuit X Breads Whole-grain bread X Breads Whole-meal bread X Condiments Ketchup X Condiments Mayonnaise X Condiments Mustard X Condiments Mustard X Condiments Soy sauce X Dairy Butternilk X Dairy Cream X Dairy Cream X Dairy Egg whites X Dairy Egg whites X Dairy Egg whites X Dairy Homogenized milk X Dairy Milk (not pasteurized) X Dairy Quark X <tr< th=""><th>Food Category</th><th>Food</th><th><</th><th>highly a</th><th>cidic</th><th>highly</th><th>alkalin</th><th>e></th></tr<>	Food Category	Food	<	highly a	cidic	highly	alkalin	e>	
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Dairy Milk (not pasteurized)	Dairy	Eggs (whole)		Х					
Dairy Milk (pasteurized)	Dairy	Homogenized milk			X				
Dairy	Dairy	Milk (not pasteurized)			Х				
Dairy	Dairy	Milk (pasteurized)		Х					
Dairy Yoghurt (sweetened) Dairy Yoghurt (unsweetened) Beverages & Drinks Beer X S S S S S S S S S S S S S S S S S S	Dairy	Paneer (cheese)		Х					
Dairy Yoghurt (unsweetened) Beverages & Drinks Beer Beverages & Drinks Coffee Beverages & Drinks Coffee Substitue drinks Beverages & Drinks Fruit juice (natural) Beverages & Drinks Fruit juice (sweetened) Beverages & Drinks Fruit juice (sweetened) Beverages & Drinks Liquor Beverages & Drinks Soda/Pop Beverages & Drinks Tea (black) Beverages & Drinks Tea (herbal, green) Beverages & Drinks Water (Fiji, Hawaiian, Evian) Beverages & Drinks Water (sparkling) Beverages & Drinks Water (spring)	Dairy	Quark		х					
Beverages & Drinks Beer	Dairy	Yoghurt (sweetened)		х					
Beverages & Drinks Coffee X	Dairy	Yoghurt (unsweetened)			Х				
Beverages & Drinks Borage oil Borage	Beverages & Drinks	Beer	X						
Beverages & Drinks Fruit juice (natural) Beverages & Drinks Fruit juice (sweetened) Beverages & Drinks Liquor Beverages & Drinks Liquor Beverages & Drinks Soda/Pop Beverages & Drinks Tea (black) Beverages & Drinks Tea (herbal, green) Beverages & Drinks Water (Fiji, Hawaiian, Evian) Beverages & Drinks Water (sparkling) Beverages & Drinks Water (spring) Beverages & Drinks Wine Fats & Oils Fats & Oils Coconut Oil (raw) Fats & Oils Corn oil Fats & Oils Evening Primrose oil	Beverages & Drinks	Coffee	X						
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Beverages & Drinks Soda/Pop		•	×						
Beverages & Drinks Soda/Pop	Beverages & Drinks	Liquor	×						
Beverages & Drinks Tea (black) Beverages & Drinks Tea (herbal, green) Beverages & Drinks Water (Fiji, Hawaiian, Evian) Beverages & Drinks Water (sparkling) Beverages & Drinks Water (spring) Beverages & Drinks Wine Fats & Oils Borage oil Fats & Oils Butter Fats & Oils Coconut Oil (raw) Fats & Oils Corn oil Fats & Oils Evening Primrose oil		 		х					
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Beverages & Drinks Water (Fiji, Hawaiian, Evian) Beverages & Drinks Water (sparkling) Beverages & Drinks Water (spring) Beverages & Drinks Wine Fats & Oils Fats & Oils Fats & Oils Fats & Oils Coconut Oil (raw) Fats & Oils Cod liver oil Fats & Oils Corn oil Fats & Oils Evening Primrose oil		· · · ·				х			
Beverages & Drinks Water (sparkling) Beverages & Drinks Water (spring) Beverages & Drinks Wine Fats & Oils Fats & Oils Butter Fats & Oils Coconut Oil (raw) Fats & Oils Cod liver oil Fats & Oils Corn oil Fats & Oils Evening Primrose oil									
Beverages & Drinks Water (spring)				х					
Beverages & Drinks Wine x Fats & Oils Borage oil x Fats & Oils Butter x Fats & Oils Coconut Oil (raw) x Fats & Oils Cod liver oil x Fats & Oils Corn oil x Fats & Oils Evening Primrose oil x		• • • • • • • • • • • • • • • • • • • •			х				
Fats & Oils Borage oil X Fats & Oils Butter X Fats & Oils Coconut Oil (raw) X Fats & Oils Cod liver oil X Fats & Oils Corn oil X Fats & Oils Evening Primrose oil X				х					
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Fats & Oils Corn oil X Fats & Oils Evening Primrose oil X		· · · · · · · · · · · · · · · · · · ·			х				
Fats & Oils Evening Primrose oil x									
						x			
	Fats & Oils	Flax seed oil				X			

Fats & Oils	Margarine		х			
Fats & Oils	Marine lipids			х		
Fats & Oils	Olive Oil			X		
Fats & Oils	Sesame oil			X		
Fats & Oils	Sunflower oil		х			
Fruits	Acai Berry		X			
Fruits	Apples		х			
Fruits	Apricot		X			
Fruits	Apricots		X			
Fruits	Apricots (dried)		х			
Fruits	Avocado (protein)				x	
Fruits	Banana (ripe)	х				
Fruits	Banana (unripe)			х		
Fruits	Black currant		х			
Fruits	Blackberries		X			
Fruits	Blueberry		X			
Fruits	Cantaloupe		X			
Fruits	Cherry, sour			х		
Fruits	Cherry, sweet		х			
Fruits	Clementines		X			
Fruits	Coconut, fresh			х		
Fruits	Cranberry		х			
Fruits	Currant		X			
Fruits	Dates		X			
Fruits	Dates (dried)		X			
Fruits	Fig juice powder		X			
Fruits	Figs (dried)			х		
Fruits	Figs (raw)			X		
Fruits	Fresh lemon			X		
Fruits	Goji berries		х			
Fruits	Gooseberry, ripe		X			
Fruits	Grapefruit		X			
Fruits	Grapes (ripe)		X			
Fruits	Italian plum		X			
Fruits	Limes			х		
Fruits	Mandarin orange	х				
Fruits	Mango		х			
Fruits	Nectarine		X			
Fruits	Orange		Х			
Fruits	Papaya		X			
Fruits	Peach		х			
Fruits	Pear		х			
Fruits	Pineapple	х				
Fruits	Pomegranate	Х				
Fruits	Rasberry	х				
Fruits	Red currant		х			
Fruits	Rose hips	х				
Fruits	Strawberries		х			
Fruits	Strawberry		X			
Fruits	Tangerine		X			
Fruits	Tomato				х	
Fruits	Watermelon		х			
Fruits	Yellow plum		X			
Grains & Legumes	Basmati rice		X			
z			-			

Grains & Legumes	Brown rice		х				
Grains & Legumes	Buckwheat				x		
Grains & Legumes	Bulgar wheat			х			
Grains & Legumes	Couscous			х			
Grains & Legumes	Granulated soy (cooked, ground)					х	
Grains & Legumes	kamut				х		
Grains & Legumes	Lentils				х		
Grains & Legumes	Lima beans					х	
Grains & Legumes	Oats			х			
Grains & Legumes	Rye bread			X			
Grains & Legumes	Soy flour				х		
Grains & Legumes	Soy lecithin, pure						х
Grains & Legumes	Soy nuts (soaked soy beans, then dried)						Х
Grains & Legumes	Soybeans, fresh					х	
Grains & Legumes	Spelt				х		
Grains & Legumes	Tofu				X		
Grains & Legumes	Wheat		х				
Grains & Legumes	white (navy) beans		-			х	
Meat, Poultry & Fish	Beef	X					
Meat, Poultry & Fish	Buffalo		х				
Meat, Poultry & Fish	Chicken		X				
Meat, Poultry & Fish	Duck		X				
Meat, Poultry & Fish	Fresh water fish		X				
Meat, Poultry & Fish	Liver			х			
Meat, Poultry & Fish	Ocean fish		х	^			
Meat, Poultry & Fish	Organ meats		_	х			
Meat, Poultry & Fish	Oysters			X			
Meat, Poultry & Fish	Pork			^			
Meat, Poultry & Fish	sardines (canned)	X					
Meat, Poultry & Fish	Tuna (canned)	X					
Meat, Poultry & Fish	Veal						
Meat, Poultry & Fish	Wild salmon,	X					
Misc	,						
Misc	Apple Cider Vinegar			Х			
	Baking soda Bee pollen					X	
Misc Misc	Canned foods				Х		
			X				
Misc	cereals (like Kelloggs etc)		Х				
Misc	Hummus Microwaved foods			Х			
Misc							
Misc	POPCORN Disco mills			X			
Misc	Rice milk			X			
Misc	Royal Jelly				X		
Misc	Soy Protein Powder			X			
Misc	Tempeh			X			
Misc	Whey protein powder			X			
Nuts	Almond				X		
Nuts	Almond butter (raw)				X		
Nuts	Brazil nuts			X			
Nuts	Cashews			X			
Nuts	Filberts			X			
Nuts	Hazelnut			X			
Nuts	Macadamia nuts (raw)			X			
Nuts	Peanut butter (raw, organic)		X				
Nuts	Peanuts		Х				

Nuts	pine nuts (raw)				X		
Nuts	Pistachios		х				
Nuts	Walnuts			х			
Roots	Carrot				X		
Roots	Fresh red beet					X	
Roots	Kohlrabi				X		
Roots	Potatoes				X		
Roots	Red radish					X	
Roots	Rutabaga				X		
Roots	Summer black radish						Х
Roots	sweet potatoes			х			
Roots	Turnip				X		
Roots	White radish (spring)				х		
Roots	Yams				Х		
Seeds	Barley			х			
Seeds	Caraway seeds				х		
Seeds	Cumin seeds				х		
Seeds	Fennel seeds				X		
Seeds	Flax seeds			х			
Seeds	Pumpkin seeds			X			
Seeds	Sesame seeds				х		
Seeds	Sunflower seeds			х			
Seeds	Wheat Kernel		х				
Sweets & Sweeteners			-	х			
	Alcohol sugars (xylitol and the other sacharides.		х				
Sweets & Sweeteners		X	_				
Sweets & Sweeteners				х			
Sweets & Sweeteners			х				
Sweets & Sweeteners			_	х			
Sweets & Sweeteners			х	^			
	Dr. Bronner's barley malt sweetener			~			
	Dried sugar cane juice			X			
Sweets & Sweeteners				X			
				X			
	Halva [ground sesame seed sweet]		Х				
Sweets & Sweeteners	,			X			
Sweets & Sweeteners	· · · ·			X			
Sweets & Sweeteners				X			
Sweets & Sweeteners			X				
Sweets & Sweeteners	_ , ,		X				
Sweets & Sweeteners			Х				
Sweets & Sweeteners				X			
Sweets & Sweeteners	,		Х				
Vegetables	Alfalfa					X	_
Vegetables	Alfalfa grass						
Vegetables	Artichokes				X		
Vegetables	Asparagus				Х		
Vegetables	Aubergine/Egg plant				X		
Vegetables	Barley grass)
Vegetables	Basil				X		
Vegetables	Bell peppers/capsicums (all colors)				X		
Vegetables	Blue-Green Algae			X			
Vegetables	Bok Choy				X		
Vegetables	Brussels sprouts				X		
Vegetables	Cabbage lettuce, fresh					X	

Vegetables	Canned vegetables		х				
Vegetables	Cauliflower				х		
Vegetables	Cayenne pepper					X	
Vegetables	Celery					x	
Vegetables	Chives				X		
Vegetables	Cilantro					X	
Vegetables	Comfrey				х		
Vegetables	Cooked vegetables (all kinds)			Х			
Vegetables	Cucumber, fresh						х
Vegetables	Dandelion						x
Vegetables	Dog grass						х
Vegetables	Endive, fresh					х	
Vegetables	French cut (<i>green</i>) beans					х	
Vegetables	Frozen vegetables		х				
Vegetables	Garlic					х	
Vegetables	Ginger					х	
Vegetables	Ginseng				х		
Vegetables	Green cabbage, (December Harvest)				х		
Vegetables	Green cabbage, (March Harvest)				х		
Vegetables	Horse radish				X		
Vegetables	Jicama						х
Vegetables	Kale						Х
Vegetables	Kamut grass						Х
Vegetables	Lamb's lettuce				х		
Vegetables	Leeks (bulbs)				X		
Vegetables	Lettuce				Х		
Vegetables	Mushrooms		х				
Vegetables	Mustard greens		-		х		
Vegetables	Onion				х		
Vegetables	Oregano					х	
Vegetables	Parsnips				х		
Vegetables	Peas, fresh				X		
Vegetables	Peas, ripe				x		
Vegetables	Peppers				x		
Vegetables	Pickled vegetables	х			^		
Vegetables	Pumpkins (raw)				х		
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				x		
Vegetables	Sea Vegetables				x		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Shave grass						х
Vegetables	Sorrel					х	
Vegetables	Sourkraut		х				
Vegetables	Soy Sprouts		<u> </u>				х
Vegetables	Spinach (March harvest)				x		^
Vegetables	Spinach (other than March)					x	
Vegetables	Sprouted seeds (all kinds)						х
Vegetables	Squash (all kinds, raw)				x		A
Vegetables	Straw grass				^		х
Vegetables	Thyme				х		A
Vegetables	Tomatoes (puree)				^		
Vegetables	Tomatoes (raw)				х		
* cgctabics	Tomacoco (raw)						

Vegetables	Tomatoes (sundried)				
Vegetables	Watercress			X	
Vegetables	Wheat grass				X
Vegetables	White cabbage			X	
Vegetables	Yeast		X		
Vegetables	Zucchini			X	

Note: There is more to alkalizing than just eating alkaline foods. To learn how to do an alkaline diet effectively & easily, I invite you to come in for a Free 15 minute consultation.

This is great way to find out if we are a good match as doctor (wellness coach) and patient at no cost to you.

You can access our practice member intake form Here.