

RoseMarie's ALKALINE-FORMING FOODS

LOW

MEDIUM

HIGH

Fruits

Coconuts
Mandarin oranges

Raisins
Grapes
Blueberries
Oranges
Apples
Cherries
Apricots
Grapefruit
Avocado
Olives, green
Banana
Pears/Peaches
Lemons

Blackberries
Nectarines
Strawberries
Persimmon
Raspberries
Tangerines
Limes
Papaya
Pineapple
Watermelon
Cantaloupe/Honeydew

Vegetables

Snow peas
Carrots, organic
Cucumbers
Brussels sprouts
Cauliflower
Spinach
Mushrooms
Spirulina

Artichokes
Eggplant
Beets
Summer squash
Baked potato
Zucchini
Bell peppers
Okra
Broccoli
Cabbage
Baked potato w/skins
String beans *without
formed beans*

Asparagus
Onions
Celery
Kohlrabi
Collard greens
Parsnips
Endive
Mustard greens
Kale
Winter squash
Sweet potatoes/Yams
Seaweed & vegetables

Meats/Fish

0

0

0

Dairy/Eggs

Clarified butter (Ghee)
Cow/goat whey
Human breast milk
Quail/duck eggs

Oils

Olive oil	Primrose oil
Flaxseed oil	
Coconut oil	
Avocado oil	
Cod Liver oil	

Nuts/Seeds/Legumes/Herbs/Spices

Almonds	Cashews	Chestnuts
Macadamia nuts	Basil	Celtic Sea salt
Sesame/Sunflower seeds	Black pepper	Soybean paste (miso)
Flaxseeds	Lentils	Himalayan Sea salt
Quinoa	Garlic	Ginger root
Bay leaf	Cilantro	Pumpkin seeds
Cayenne pepper	Cinnamon	Parsley
Celery seeds	Soy sauce (Tamari)	Paprika

Breads/Grains/Desserts

Granola (unsweetened)	Baked apples
Oatmeal	(unsweetened)
Quinoa	
Wild rice	

Sweeteners/Vinegars

Rice syrup	Apple cider vinegar	Umeboshi vinegar
Sucanat	Dark Molasses	
	Stevia	

Beverages

Apple juice	Grapefruit juice	Mineral water
Grape juice	Pineapple juice	Ginger tea
Orange juice		Morning Rise & Shine
Pear juice		drink mix
Green/Herbal tea		Cucumber/celery juice
Almond Milk		Green juices
		Greenfood drinks
		containing chlorella &
		grass juice powders