










# Alkaline-Forming Foods

	Low	Medium	High
	<b>Fruits</b>		
	Coconuts Mandarin oranges	Apples Apricots Avocado Banana Blueberries Cherries Figs	Grapefruit Grapes Olives, green Oranges Pears/Peaches Raisins Blackberries Cantaloupe Honeydew Lemons Limes Nectarines Papaya Persimmon Pineapple Raspberries Strawberries Tangerines Watermelon
	<b>Vegetables</b>		
	Brussels sprouts Carrots, organic Cauliflower Cucumbers Mushrooms Snow peas Spinach Spirulina	Artichokes Baked potato (w/skins) Beets Bell peppers Broccoli Cabbage Eggplant	Okra String beans (without formed beans) Summer squash Zucchini Asparagus Celery Collard greens Endive Kale Kohlrabi Mustard greens Onions Parsnips Sea vegetables Seaweed & Sweet potatoes Winter squash Yams
	<b>Meat / Fish</b>		
	N/A	N/A	N/A
	<b>Dairy / Eggs</b>		
	Clarified butter ( <i>Ghee</i> ) Cow/goat whey Human breast milk Quail/duck eggs	N/A	N/A
	<b>Oils</b>		
	Avocado oil Coconut oil Cod Liver oil	Flaxseed oil Olive oil Primrose oil	N/A
	<b>Nuts/Seeds/Legumes/Herbs/Spices</b>		
	Almonds Bay leaf Cayenne pepper Celery seeds Flaxseeds Macadamia nuts Quinoa Sesame/Sunflower seeds	Aloe Vera Basil Black pepper Cashews Cilantro Cinnamon Garlic Lentils Soy sauce (Tamari)	Chestnuts Celtic Sea salt Soybean paste (miso) Himalayan Sea salt Ginger root Pumpkin seeds Parsley Paprika
	<b>Breads/Grains/Desserts</b>		
	Granola ( <i>unsweetened</i> ) Oatmeal Quinoa Wild rice	Baked apples ( <i>unsweetened</i> )	N/A
	<b>Sweeteners/Vinegars</b>		
	Rice syrup Sucanat	Apple cider vinegar Dark Molasses Stevia	Umeboshi vinegar
	<b>Beverages</b>		
	Almond Milk Apple juice Grape juice Green/Herbal tea Orange juice Pear juice	Cherry Juice Grapefruit juice Kombucha Pineapple juice	Cucumber/celery juice Ginger tea Green juices Greenfood drinks (containing chlorella & grass juice powders) Mineral water Morning Rise & Shine drink mix

Compiled from the work of: Dr. Russell Jaffe, Dr. S.E. Brown, Dr. Lynda Frassetto, Drs T. Remer & F. Manz (PRAL) & Herman Aihara, RoseMarie Pierce, BSc. Pharm