



## An Alkalisising Diet

Your practitioner may have recommended you to eat a more alkaline diet. A diet that is too acidic could potentially lead to health problems or create an environment prone to disease.

<p><b><u>VEGETABLES</u></b>            Garlic            Asparagus,  <b>Fermented Vegetables- seek advice before starting</b>            Watercress            Beets            Broccoli            Brussel sprouts            Cabbage            Carrot            Cauliflower            Celery            Chard            Chlorella            Collard Greens            Cucumber            Eggplant            Kale            Lettuce            Mushrooms            Mustard            Greens            Dandelions            Edible Flowers            Onions            Parsnips (high glycaemic)            Peas            Peppers            Pumpkins            Sea Vegetables            Spirulina            Sprouts            Squashes            Alfalfa            Barley Grass            Wheat Grass            Wild Greens</p>	<p><b><u>FRUITS</u></b>            Apple            Apricot            Avocado            Cherries            Currants            Dates/Figs            Grapefruit            Lime            Honeydew            Nectarine            Orange            Lemon            Peach            Pear            Pineapple            Rockmelon            All Berries            Tangerine</p> <p><b><u>PROTEIN</u></b>            Eggs            Cottage Cheese            Chicken Breast            Yogurt            Almonds            Chestnuts            Flax Seeds            Pumpkin Seeds            Tempeh            Sunflower Seeds            Millet            Most Sprouted Seeds</p>	<p><b><u>OTHER</u></b>  <b>APPLE Cider Vinegar</b>  <b>(1 teaspoon daily in water prior to each meals)</b>  <b>Lime or Lemon Juice – freshly squeezed</b>            Lecithin Granules            Water            Green Tea            Herbal Tea            Dandelion Tea            Ginseng Tea            Kombucha            Organic cold pressed coconut oil</p> <p><b><u>SWEETNERS</u></b>            Stevia, Black Strap            Molasses</p> <p><b><u>SPICES/SEASONINGS</u></b>            Cinnamon            Curry            Ginger            Mustard            Chilli            Pepper            Sea Salt            Himalayan Rock Salt            Miso            Tamari (Japanese soy sauce)            Turmeric            All Herbs            Cayenne pepper</p> <p><b><u>ORIENTAL VEGETABLES</u></b>            Maitake, Daikon, Dandelion Root            Shitake, Kombu, Reishi ,Nori,            Umeboshi, Wakame,</p>
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Acid Foods

<p><b><u>FATS &amp; OILS</u></b>          Canola Oil, Corn Oil,          Cottonseed Oil          Avocado Oil          Safflower Oil          Sunflower Oil</p> <p><b><u>FRUITS</u></b>          Canned or Glazed Fruits</p> <p><b><u>GRAINS (refined)</u></b>          Rice Cakes          Wheat Cakes          Barley          Corn          Oats          Rice          Rye          Spelt          Kamut          Wheat</p> <p><b><u>DAIRY</u></b>          Cheese - Cow          Cheese - Goat          Cheese - Sheep          Milk</p>	<p><b><u>SWEETENERS and DRINKS</u></b>          Carob          Corn Syrup          Refined Sugar          Soft drink          Fruit juice          Coffee</p> <p><b><u>NUTS &amp; BUTTERS</u></b>          Cashews          Brazil Nuts          Peanuts          Peanut Butter          Pecans          Walnuts</p> <p><b><u>ANIMAL PROTEIN</u></b>          Beef          Carp          Clams          Fish          Lamb          Lobster          Mussels          Oyster          Pork          Prawn          Rabbit          Salmon          Scallops          Tuna          Turkey          Venison</p> <p><b><u>OTHER</u></b>          Distilled Vinegar          Wheat Germ          Potatoes          Tomatoes</p>	<p><b><u>ALCOHOL</u></b>          Beer          Spirits          Wine</p> <p><b><u>BEANS &amp; LEGUMES</u></b>          Black Beans          Chick Peas          Kidney Beans          Lentils          Lima Beans          Pinto Beans          Red Beans</p>
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