

An Alkalising 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.

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



Acid Foods

FATS & OILS

Canola Oil, Corn Oil, Cottonseed Oil Avocado Oil Safflower Oil Sunflower Oil

FRUITS

Canned or Glazed Fruits

GRAINS (refined)

Rice Cakes Wheat Cakes

Barley Corn Oats Rice Rye Spelt Kamut Wheat

Cheese - Cow Cheese - Goat Cheese - Sheep Milk

DAIRY

SWEETENERS and DRINKS

Carob Corn Syrup Refined Sugar Soft drink Fruit juice Coffee

NUTS & BUTTERS

Cashews **Brazil Nuts** Peanuts Peanut Butter Pecans Walnuts

ANIMAL PROTEIN

Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Prawn Rabbit Salmon Scallops Tuna Turkey

OTHER

Venison

Distilled Vinegar Wheat Germ **Potatoes Tomatoes**

ALCOHOL

Beer **Spirits** Wine

BEANS & LEGUMES

Black Beans Chick Peas Kidney Beans Lentils Lima Beans Pinto Beans Red Beans