

The Detailed List of Alkaline Foods

Eat these alkaline foods freely! Try to incorporate as many as you can into your daily diet...

Vegetables!

Asparagus
 Broccoli
 Chilli
 Capsicum/Pepper
 Courgette/Zucchini
 Dandelion
 Snowpeas
 Green Beans
 String Beans
 Runner Beans
 Spinach
 Kale
 Wakame
 Kelp
 Collards
 Chives
 Endive
 Chard
 Cabbage
 Sweet Potato

Coriander
 Basil
 Brussels Sprouts
 Cauliflower
 Carrot
 Beetroot
 Eggplant/Aubergine
 Garlic
 Onion
 Parsley
 Celery
 Cucumber
 Watercress
 Lettuce
 Peas
 Broad Beans
 New Potato
 Pumpkin
 Radish

Fruit!

Avocado
 Tomato
 Lemon
 Life
 Grapefruit
 Fresh Coconut

Nuts & Seeds!

Almonds
 Coconut
 Flax Seeds
 Pumpkin Seeds
 Sesame Seeds
 Sunflower Seeds

Grains & Beans!

Amaranth
 Buckwheat
 Brown Rice
 Chia/Salba
 Kamut
 Millet
 Quinoa
 Spelt

Lentils
 Lima Beans
 Mung Beans
 Navy Beans
 Pinto Beans
 Red Beans
 Soy Beans
 White Beans

Other!

Alkaline Water
 Tofu
 Goat & Almond Milk
 Herbal Tea

Oils!

Avocado Oil
 Coconut Oil
~~Flax Oil~~
~~Walnut's Oil~~
 Olive Oil

Sprouts!

Soy Sprouts
 Alfalfa Sprouts
 Amaranth Sprouts
 Broccoli Sprouts
 Fenugreek Sprouts

Breads!

Sprouted Bread
 Sprouted Wraps
 Gluten/Yeast Free
 Breads & Wraps

Kamut Sprouts
 Mung Bean Sprouts
 Quinoa Sprouts
 Radish Sprouts
 Spelt Sprouts

