

## Alkaline-Producing Foods

For general health: 60%-70% alkalinity suggested. For therapeutic care: 90%-100%.

*Average American diet consumes approximately 10%-15% alkaline foods.*

agar agar	fruit juices – no added sugar	pears, sweet
alfalfa sprouts	garlic	peas, fresh, sweet
almonds	ginger, fresh	peas less sweet
amaranth	gooseberry	persimmon
apples	grapefruit	pickles, homemade
apples, sour	grapes, less sweet	pineapple
apricots	grapes, sour	pumpkin, less sweet
arrowroot flour	green beans, fresh	pumpkin, sweet
artichoke, globe	green peas	quinoa
artichoke, Jerusalem	guavas	radish
asparagus	herbs, leafy green	raisins
avocados	honey, raw	raspberry
bamboo shoots	horseradish	rhubarb
bananas, ripe	kale	rutabaga
barley malt sweetener- Bronners	kelp, karengo	sapote
beans, dried	kiwi	sauerkraut
beets	kohlrabi	sea salt, vegetable
bell pepper	kudzu root	seaweeds
berries	leeks	sesame seeds, whole
blackberries	lemons	soy beans dry
broccoli	lettuce, leafy green	soy cheese
brown rice syrup	lettuce, pale green	soy milk
brussel sprouts	lima beans, dried	spices
cabbage	lima beans, green	spinach, raw
cantaloupe	limes	sprouted grains
carrots	mango	squash
cauliflower	mayonnaise, homemade	strawberry
cayenne	melons	tamari
celery	milk, raw goat	tangerine
chard leaves	millet	taro

cherries	miso	tempeh
cherries, sour	mushrooms	tofu
chestnuts, dry roasted	muskmelons	tomato, less sweet
coconut, fresh	nectarines	tomato, sweet
corn, sweet, fresh	okra	turnip
cucumbers	olives, ripe	umeboshi plum
currants	onions	vegetable juices
daikon	oranges	vinegar, apple cider
dates, dried (avoid sulfured ones)	papaya	vinegar, sweet brown rice
dates, fresh	parsley	water chestnuts
egg yolks, soft cooked	parsnips	watercress
eggplant	passion fruit	watermelon
endive	peaches, less sweet	yeast, nutritional flakes
essene bread	peaches, sweet	
figs, dried (avoid sulfured ones)	pears	
figs, fresh	pears, less sweet	