



Strict Alkaline Food List

For Best Results Use with Food Combination Chart

Amaranth greens	Melons (seeded)	Wild Arugula
Apples	Orange (Seville or sour)	Spices and Seasoning
Amaranth	Okra	Basil
Avocado	Papayas	Bay leaf
Bananas (smallest or Burro)	Olives	Cloves
Fonio grain	Peaches	Dill
Bell Peppers	Onions	Oregano
Berries	Pears	Parsley (removed)
Kamut grain	Plums	Savory
Chayote (Squash)	Wakame seaweed	Sweet Basil
Cantaloupe	Prickly Pear (Cactus Fruit)	Tarragon
Quinoa	Dulse seaweed	Thyme
Cucumber	Prunes	Cayenne / African Bird Pepper
Cherries	Arame seaweed	Coriander (Cilantro)
Rye	Raisins (seeded)	Onion Powder
Dandelion greens	Hijiki (Seaweed)	Habanero
Currants	Soft Jelly Coconuts (Coconut Jelly)	Sage
Spelt grain	Nori (Seaweed)	Hemp Seeds
Garbanzo beans (i.e. Chickpeas)	Soursop	Coconut Oil (Do not cook)
Dates	Squash (i.e. Butternut)	Grapeseed Oil
Teff	Tomato (cherry and plum only)	Sesame Oil
Figs	Tamarind fruit	Hempseed Oil
Wild Rice (Seed)	Turnip greens	Avocado Oil
Grapes	Zucchini	Raw Sesame Seeds
Kale greens	Watercress	Raw Sesame Tahini Butter
Limes (key limes preferred)	Purslane greens	Walnuts
Lettuce (except Iceberg)		Brazil Nuts
Mango		
Mushrooms		

Intended For Those with Acute Acidosis and Hard to Manage Conditions. When You Pass the Crisis, You Can Move to the General Acid-Alkaline Food Chart, or You Can Stay With this Chart.