



Alkaline food chart

1. Highly Alkaline

- Himalayan salt
- Grasses
- Cucumber
- Kale
- Kelp
- Spinach
- Parsley
- Broccoli
- Sprouts (soy, alfalfa etc)
- Sea Vegetables (Kelp)
- Green drinks
- All Sprouted Beans/ Sprouts

2. Moderate Alkaline

- Avocado
- Beetroot
- Capsicum/Pepper
- Cabbage
- Celery
- Collard/Spring Greens
- Garlic
- Ginger
- Green Beans
- Lettuce
- Okra
- Onion
- Radish
- Lemon
- Lime
- Butter Beans
- Soy Beans
- Chia/Salba
- Quinoa

3. Mildly Alkaline

- Artichokes
- Asparagus
- Brussels Sprouts
- Cauliflower
- Carrot
- Courgette/Zucchini
- Leeks
- New Baby Potatoes
- Peas
- Grapefruit
- Coconut
- Buckwheat
- Spelt
- Lentils
- Tofu
- Other Beans & Legumes
- Goat & Almond Milk
- Most Herbs & Spices
- Avocado Oil, Coconut Oil, Flax Oil