

Alkaline Foods		Acid Foods		
<b>Vegetables</b> Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Cucumber Broccoli Kale Brussels Sprouts	<b>Fruits</b> Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb	<b>Meats</b> Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon)	<b>Dairy Products</b> Milk Eggs Cheese Cream Yogurt Ice Cream	
	<b>Drinks</b> 'Green Drinks' Fresh vegetable juice Pure water (distilled, reverse osmosis, ionised) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Non-sweetened Soy Milk Almond Milk	<b>Others</b> Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey	<b>Drinks</b> <b>Soda/Fizzy Drinks</b> Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea	
	<b>Seeds, Nuts &amp; Grains</b> Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed	<b>Convenience Foods</b> Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food	<b>Fats &amp; Oils</b> Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil	
<b>Fats &amp; Oils</b> Flax Hemp Avocado Olive Evening Primrose Borage Oil Blends (such as Udos Choice)	<b>Others</b> Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli etc) Bragg Liquid Aminos (Soy Sauce Alternative) Hommous Tahnini	<b>Fruits</b> All fruits aside from those listed in the alkaline column.	<b>Seeds &amp; Nuts</b> Peanuts Cashew Nuts Pistachio Nuts	
<b>General Guidance:</b> Stick to big, interesting salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and plenty of clean, pure water daily. Buy a quality Juicer and use it. Cut out the soda (regular and diet) and energy drinks and high sugar juices. Use a steamer for your vegetables NOT the microwave. <b>Go for at least 50% of your food from the Alkaline list.</b>		<b>General Guidance:</b> Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwaved meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal!		