



Colonic Institute of West Hartford

Alkaline / Acid Food Chart

Alkaline Foods

<p><u>VEGETABLES</u> Garlic Asparagus Fermented Veggies Watercress Beets Broccoli Brussel sprouts Cabbage Carrot Cauliflower Celery Chard Chlorella Collard Greens Cucumber Eggplant Kale Kohlrabi Lettuce Mushrooms Mustard Greens Dulce Dandelions Edible Flowers Onions Parsnips (high glyceimic) Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens</p>	<p>Nightshade Veggies Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies</p> <p><u>FRUITS</u> Apple Apricot Avocado Banana (high glyceimic) Cantaloupe Cherries Currants Dates/Figs Grapes Grapefruit Lime Honeydew Melon Nectarine Orange Lemon Peach Pear Pineapple All Berries Tangerine Tomato Tropical Fruits Watermelon</p>	<p><u>PROTEIN</u> Eggs Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts</p> <p><u>OTHER</u> Apple Cider Vinegar Bee Pollen Lecithin Granules Probiotic Cultures Green Juices Veggies Juices Fresh Fruit Juice Organic Milk (unpasteurized) Mineral Water Alkaline Antioxidant Water Green Tea Herbal Tea Dandelion Tea Ginseng Tea Banchi Tea Kombucha</p> <p><u>SWEETENERS</u> Stevia</p>
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<p><u>Alkaline Foods (Cont)</u></p> <p><u>SPICES/SEASONINGS</u> Cinnamon Curry Ginger Mustard Chili Pepper Sea Salt Miso Tamari All Herbs</p>	<p><u>ASIAN VEGETABLES</u> Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies</p>	
<p>Acidic Foods</p>		
<p>ALCOHOL Beer Spirits Hard Liquor Wine</p> <p>ANIMAL PROTEIN Beef Carp Clams Fish Lamb Lobster Mussels Oyster Pork Rabbit Salmon Shrimp Scallops Tuna Turkey Venison</p> <p>FRUITS Cranberries</p> <p>OTHER Distilled Vinegar Wheat Germ Potatoes</p> <p>PASTA (WHITE) Noodles Macaroni Spaghetti</p>	<p>DAIRY Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter</p> <p>DRUGS & CHEMICALS Chemicals Drugs, Medicinal Drugs, Psychedelic Pesticides Herbicides</p> <p>FATS & OILS Avocado Oil Canola Oil Corn Oil Hemp Seed Oil Flax Oil Lard Olive Oil Safflower Oil Sesame Oil Sunflower Oil</p>	<p>NUTS & BUTTERS Cashews Brazil Nuts Peanuts Peanut Butter Pecans Tahini Walnuts</p> <p>OTHER Distilled Vinegar Wheat Germ Potatoes</p> <p>GRAINS Rice Cakes Wheat Cakes Amaranth Barley Buckwheat Corn Oats (rolled) Quinoa Rice (all) Rye Spelt Kamet Wheat Hemp Seed Flour</p>