

Alkaline Foods	Neutral Foods	Acidic foods
Artichokes	Brown rice	Red meat
Asparagus	Millet	White meat
Brussel Sprouts	Quinoa	Fish
Cauliflower	Buckwheat	Eggs
Kohlrabi	Amaranth	Pasteurised dairy/goats products
Lettuce	Oat groats	Vinegar
Peas	Oats	White pasta
Pumpkin	Tofu	Bread
Swede	Soya	Soya sauce
Squash	Seeds	Wheat/Spelt/Rye/Barley
Sweet potato	Orange/yellow peppers	Sugar
Watercress	Cold pressed essential fatty acids	Artificial sweeteners
White Cabbage	Cold pressed Coconut oil	Coffee
Coconut	Unpasteurised dairy/goats products	Black tea
Pomegranate	Honey	Alcohol
Figs	Maple syrup	Pasteurised fruit juice
Dates	Yacon	Tinned food
Blackberry	Date syrup	Microwaved food
Blueberry	Stevia	Instant meals
Grapes	Agave Nectar	Fast food
Melon	Coconut Nectar	Powdered soups
Mango	Gluten free pasta	Saturated fats
Papaya	Maca	Hydrogenated fats
Raspberry	Carob	White rice
Almonds	Cacao	Wild rice
Fennel	Algaroba/white carob	Garlic
Beetroot	Herbal teas	White onions
Cabbage	Dried Fruits	Tomato
Carrot		Red/green peppers
Spring greens		Aubergine
Coriander		White Potato
Ginger		Plums
Green beans		Strawberry
Radish		Orange/grapefruit
Red cabbage		Banana
Turnip		Cranberry
Courgette		Pineapple
Avocado		Nuts (other than almonds)
Broccoli		Rice Cakes
Celery		Acai berry
Cucumber		Camu Camu berry
Wheatgrass/barley grass		Cranberry
Kale		Baobab fruit
Parsley		
Sprouted foods		
Spinach		
Rocket		
Watercress		
Sprouted grains/seeds		
Lemons		
Limes		
Sprouted protein powders		
Pea shoots		
Mangetout		
Apples		
Pears		
Fresh almond milk		
Green teas		

