

## **Alkaline Ash Forming Foods**

### **80% Diet**

#### **Vegetables:**

Asparagus, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Cucumber, Eggplant, Garlic, Kale, Lettuce, Onions, Peas, Peppers, Potatoes, Spirulina (algae), Sprouts (all), Squash

#### **Fruits:**

Apple, Avocado, Banana, Blackberry, Blueberry, Cantaloupe, Grapes, Grapefruit, Lemons, Limes, Oranges, Peaches, Pears, Pineapple, Raspberry, Rhubarb, Strawberry, Watermelon

#### **Sweeteners:**

Raw Honey, Rae molasses

#### **Beverages:**

Green Tea, Herbal Tea, Vegetable Juice, Fruit Juicer (fresh-unsweetened), Milk (organic - unpasteurized), Mineral Water, Quality Water-Filtered

#### **Nuts and seeds:**

Almonds, Flax, Sunflower, Pumpkin, Sesame seeds

#### **Other:**

Apple Cider Vinegar, Greens Plus, Yoghurt (organic), Dairy Free probiotics cultures

## **Acid Ash Forming Foods**

### **20% Diet**

#### **Fats and Oils:**

Corn, Flax, Grape Seed, Olive Oil, Lard

#### **Animal Protein:**

Beef, Chicken, Duck, Eggs, Fish/Shellfish, Lamb, Rabbit, Pork, Turkey

#### **Sweets and Sweeteners:**

Candy, Honey, Maple Syrup, Saccharin, Soft Drinks, Sugar

#### **Nuts & Butters:**

Cashew, Peanuts, Walnuts, Pecans, Peanut Butter,

#### **Beans & Legumes:**

Chick Peas, Green Peas, Kidney Beans, Lentils, Red Beans, Soybeans, Soy Milk Products

#### **Grains:**

Corn, Oats (rolled), Rice (brown-basmati) Rye, Wheat

#### **Fruits:**

Cranberries

#### **Dairy:**

Cheese (all), Milk (avoid BGH), Wheat Products

#### **Other:**

Almond/Rice milk, Brewer's Yeast, Pasta, Distilled vinegar, Drugs/Alcohol