

Detailed List of Alkaline Food

Free Foods

VEGETABLES

Asparagus	Cabbage
Broccoli	Coriander
Chilli	Basil
Capsicum/ Pepper	Brussels
Zucchini	Sprouts
Dandelion	Cauliflower
Snowpeas	Beetroot
Green Beans	Eggplant
String Beans	Garlic
Spinach	Onion
Kale	Parsley
Wakame	Celery
Kelp	Cucumber
Collards	Watercress
Chives	Lettuce
Endive	Peas
Chard	Pumpkin
	Radish

SPROUTS

Alfalfa Sprouts
Amaranth
Sprouts
Broccoli
Sprouts
Fenugreek
Sprouts
Kamut Sprouts
Mung Bean
Sprouts
Quinoa Sprouts
Radish Sprouts
Wheatgrass

OILS

Avocado Oil
Coconut Oil
Flax Oil
Olive Oil

FRUIT

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut

NUTS & SEEDS

Almonds
Coconut
Flax Seeds
Hazelnuts
Macadamia Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

OTHER

Alkaline Water
Herbal Tea

