Alkaline Ash Forming Foods*
75% of Diet (by Weight)

Vegetables
alfalfa grass
asparagus
barley grass
beets
broccoli
brussel sprouts
cabbage
carrots
cauliflower
celery
chlorella (algae)
collard greens
cucumber
daikon
dandelion
edible flowers
eggplant
garlic
kale
kombu
lettuce
maitake mushrooms
mustard greens
nori
Atlantic dulse
onions
parsnip
peas
peppers
potatoes
pumpkin
reishi mushrooms
sea vegetables
spirulina (algae)
sprouts (all)
squash
umeboshi
wakame
watercress
wheat grass

Fruits
apple
apricot
avocado
banana
blackberry
blueberry
cantaloupe
cherry
currants
dates/figs
grapes
grapefruit
honeydew
lemons
limes
nectarine
oranges
peaches
pears
pineapples
raisins
raspberry
rhubarb
strawberry
tangerine
tomato
tropical fruit
watermelon

Other
apple cider vinegar
bee pollen
greens+
lecithin
yogurt (organic)
dairy-free probiotic cultures

Spices & Seasonings
cinnamon
curry
ginger
herbs (all)
miso
mustard
chili pepper
salt (sea, celtic)
tamari

Sweeteners
raw honey
raw molasses

Beverages / Tea
green drink
coffee (black)
fruit juice (fresh unsweetened)
milk (organic, unpasteurized)
mineral water (non-carbonated)
quality water
vegetable juice
benchi
dandelion green tea
ginseng
herbal tea
kombucha

Alkaline Ash Forming Foods*
75% of Diet (by Weight)

Nuts & Seeds
almonds
chestnuts
coconut
flax seeds
sunflower seeds
millet
pumpkin seeds
sesame seeds
squash sseeds

Acid Ash Forming Foods*
25% of Diet (by Weight)

Fats & Oils
avocado oil
canola oil
corn, flax & hemp seed oils
grape seed oil
lard
olive oil
safflower oil
sesame oil
sunflower oil

Animal Protein
beef
carp
chicken/duck
clams
eggs
fish/shellfish
lamb/rabbit
pork
turkey
venison

Sweets & Sweeteners
candy
honey
maple syrup
saccharin
soft drinks
sugar

Nuts & Butters
brazil nuts
cashews
filberts
peanuts
peanut butter
pecans
tahini
walnuts

Beans & Legumes
black beans
chick peas
green peas
kidney beans
lentils
lima beans
pinto beans
red beans
soybeans
soy milk/products
tofu
white beans

Grains
amaranth
barley
buckwheat
corn
hemp seed
flower/kamut
oats (rolled)
quinoa
rice (brown, basmati)
rye/spelt
wheat

Other
almond/rice milk
brewer's yeast
pasta
distilled vinegar
drugs/alcohol
chemicals

Fruits
cranberries

Dairy
cheese (all)
milk (avoid BGH)
whey protein

*For a complete list, please visit our website www.genuinehealth.com