

Alkaline and neutral foods in bold type

Super foods underscored

*Good for lowering blood pressure and cholesterol

#Contains lectin or other agglutinin (Avoid)

HIGHLY BENEFICIAL**NEUTRAL****AVOID****Meats and Poultry**

lamb		liver		bacon	ham
mutton		pheasant		beef	heart
rabbit		quail		beef, ground	partridge#
<u>turkey</u>		venison		buffalo	pork
				chicken#	squab#
				cornish hens#	squirrel#
				duck	sweetbreads
				goose	turtle
				guinea hen#	veal

Seafood

<u>albacore tuna</u>	monkfish	abalone	swordfish#	anchovy#	herring (pickled)
cod	ocean perch	bluefish	tilefish	barracuda#	lobster
grouper	pickerel	carp	trout (brook)#	beluga	lox
hake	pike	catfish	trout (Rainbow)#	bluegill bass	octopus
<u>herring (fresh)</u>	salmon#	caviar	trout (sea)#	clam#	oysters
mackerel*	<u>sardines*</u>	mussels		conch	salmon roe#
mahimahi	<u>tuna</u>	scallop	weakfish	crab	sea bass
		shark	whitefish	crayfish	shrimp#
		silver perch	white perch	eel#	striped bass
		smelt	yellow perch	flounder#	turtle
		snapper		frog#	whiting#
		sole		gray sole#	yellowtail#
		squid (calamari)		haddock#	
				hake#	

Dairy and Eggs

cottage cheese	mozzarella	casein	Monterey jack	American cheese	ice cream
farmer cheese	ricotta	cheddar	munster	blue cheese	parmesan
feta cheese	sour cream (non fat)	colby	neufchatel	brie	provolone
ghee (clar.butter)		cream cheese	skim or 2% milk	butter	sherbet
goat milk		edam		buttermilk	<u>soy cheese*</u>
kefir		goat cheese		camembert	<u>soy milk*</u>
		gouda	string cheese	emmental	swiss
		gruyere	whey		whole milk
		jarlsburg	<u>yogurt</u>		

Eggs

3-4 times weekly

chicken eggs white		goose egg	duck egg#
chicken eggs		quail egg	
chicken egg yolks			

Oils and Fats

olive oil

canola oil
cod liver oil
linseed (flaxseed) oil
peanut oil

corn oil#
cottonseed oil
safflower oil
sesame oil
sunflower oil

Nuts and Seeds

chestnuts*
black walnuts*
English walnuts^

almond butter
almonds*
almond milk
butter nut
flaxseed (linseed)
hickory nuts*
litchi nuts*

macadamia*
peanuts*
peanut butter*
pecans
pignola*
Safflower seeds

brazil nuts*
cashews*
nuts, filberts
pistachio*

poppy seeds#
pumpkin seeds#
sesame butter
(tahini)#
sesame seeds#
sunflower butter#
sunflower seeds#

Beans and Legumes

beans, pinto*#
beans, red*

lentils, green*

beans, broad*
beans cannellini*
beans, copper*
beans, navy*#
beans, northern*
beans, fava#
beans, green*
beans, snap*
beans, red soy*

beans, string*#
beans, tamarind*
beans, white*
lentils, domestic*
lentils, red*
peas, green*
peas, pods*
tempeh (fermented soy)
tofu (soy cake)

beans, adzuki#
beans, black#

beans, garbanzo#
beans, kidney#

beans, lima#
jicama*
mung beans/
sprouts#
peas, black-eyed#

Grains

amaranth
brown rice bread
essene bread
ezekiel bread
fin crisp
millet*
oat bran*
oat flour*
oatmeal*
rice bran*
rice cakes

rice flour*
rice milk
rice, puffed*
rice, basmati
rice, brown
rice, white
rice, wild*
100% rye bread
rye crisps
rye flour
rye vita
wasa bread

barley*
bulgur wheat*
couscous
gluten flour
gluten-free bread
graham flour
grape nuts
quinoa
spelt flour products
soy granules*
wheat bran
spelt

sprouted wheat bread

artichoke flour#
artichoke pasta#
buckwheat#
kasha#
cornflakes#
cornmeal#
corn muffins#
kamut
popcorn#
soba noodles#
sorghum
soy flour bread

wheat (refined
unbleached #
tapioca
teff
wheat germ
white flour products
pasta, semolina
whole wheat bread

Vegetables

beet leaves
broccoli*
cauliflower#
celery
collard greens*
cucumber
dandelion

kale*
mustard greens
parsley*
parsnips
potatoes, sweet
sprouts, alfalfa
tempeh*

arugula
asparagus
bamboo shoots
beets
bok choy
cabbage, Chinese
cabbage, red

mushroom, Enoki
okra
olives, green
olives, Greek
olives, Spanish
onions, green*
onions, red*

artichoke, domestic#
artichoke, Jerusalem#
avocado
corn, white#
corn, yellow#
juniper
lima beans

eggplant#	tofu*	<u>cabbage, white</u>	onions, Spanish*	mushroom, abalone#
garlic*	<u>tomato#</u>	caraway	onions, yellow*	mushroom, shiitake#
ginger	<u>yams, all types</u>	<u>carrots</u>	potatoes, red	olives, black
		chervil	potatoes, white	peppers, green
		chicory	<u>pumpkin</u>	peppers, jalapeno
		coriander	radicchio	peppers, red
		daikon	rappini	peppers, yellow
		endive	rutabaga	poi
		escarole	scallion	radishes
		fennel	seaweed	sprouts, mung
		fiddlehead ferns	shallots	sprouts, radish
		horseradish	snow peas	taro
		kohlrabi	<u>spinach*</u>	
		leek	<u>sprouts, Brussels</u>	
		lettuce, Bibb	<u>squash, all types</u>	
		lettuce, Boston	<u>swiss chard</u>	
		lettuce, iceberg	<u>turnips</u>	
		lettuce, mesclun	water chestnut	
		<u>lettuce, romaine</u>	watercress	
		mushrm,domestic#	zucchini	
		mushrm, portobello#		
		mushroom, tree#		
		mushroom, oyster#		

Fruits

<u>blackberries</u>	<u>grapefruit</u>	apples*#		avocado#	quince#
<u>blueberries</u>	kiwi	apricots	melon, musk	bananas#	rhubarb
<u>cherries</u>	<u>lemons</u>	<u>boysenberries</u>	melon, Spanish	cantaloupe#	starfruit
<u>cranberries</u>	<u>limes</u>	<u>currants, black</u>	<u>melon, watermelon</u>	coconuts	<u>tangerines</u>
<u>elderberries</u>	<u>loganberries</u>	<u>currants, red</u>	nectarines	guava	
figs, dried*	pineapples	dates	papayas	honeydew melon	
figs, fresh	plums, dark	<u>kumquat</u>	peaches	mangoes	
gooseberries	plums, green	melon, canang	pears	oranges#	
grapes, black	plums, red	melon, casaba	plantains	persimmons#	
<u>grapes,Concord</u>		melon, Christmas	raisins	pomegranates#	
grapes, green		melon, crenshaw	<u>raspberries</u>	prickly pears	
<u>grapes, red</u>			<u>strawberries</u>	prunes*	

Juices and Fluids

cabbage	cranberry	apple	pineapple	orange
carrot	grape	apple cider		prune
celery	papaya	apricot	<u>water (with lemon)</u>	
cherry, black		cucumber	<u>vegetable juice</u>	
		<u>grapefruit</u>		

Spices

bay leaf	agar	molasses	allspice
curry	arrowroot	mustard (dry)	almond extract
garlic	basil	nutmeg	anise
horseradish	bergamot	paprika	barley malt
<u>miso</u>	brown rice syrup	peppermint	capers
oregano	cardamom	pimiento	cornstarch#
parsley	carob	rice syrup	corn syrup

turmeric	chervil	rosemary*	gelatin, plain
	chive	saffron	
	chocolate*	sage	pepper, black
	cinnamon#	salt	pepper, cayenne
	clove	savory	pepper, peppercorn
	coriander	soy sauce	pepper, red flakes
	cream of tartar	spearmint	pepper, white
	cumin	sugar, brown	tapioca
	dill	sugar, white	vinegar, apple cider
	dulse	tamari	vinegar, balsamic
	ginger	tamarind	vinegar, red wine
	honey	tarragon	vinegar, white
	kelp	thyme	
	maple syrup	vanilla	
	marjoram	wintergreen	
	mint		

Condiments

brewer's yeast	jam (from acceptable fruits)	ketchup
	jelly (from acceptable fruits)	mustard with wheat
	mayonaise	pickles, dill
	miso	pickles, kosher
	mustard wheat & vinegar free	pickles, sweet
	salad dressing (low-fat	pickles, sour
	from acceptable ingredients)	relish
		Worcestershire sauce

Herbal Teas

alfalfa	catnip	sage	aloe
burdock	cayenne	Saint-John's wort	coltsfoot
chamomile	chickweed	sarsaparilla	corn silk
echinacea	dandelion	slippery elm	fenugreek
ginger	dong quai	spearmint	gentian
ginseng	elder	thyme	hops
hawthorn	goldenseal	valerian	linden
licorice root	horehound	vervain	mullein
rose hips	mulberry	white birch	red clover
strawberry leaf	parsley	white oak bark	rhubarb
	peppermint	yarrow	senna
	raspberry leaf	yellow dock	shepherd's purse
			skullcap

Sweeteners

blackstrap molasses	molasses	almond extract	invert sugar
	stevia	aspartame	maltodextrin
		barley malt	maple syrup
		corn syrup#	rice syrup
		dextrose	sucanat
		Fructose	sugar brown
		honey	sugar white

Miscellaneous Beverages

tea, green*	coffee, regular	seltzer water	beer	soda, other
wine, red	coffee, decaf	soda, club	soda, cola	tea, black decaf

liquor, distilled

wine, white

soda, diet

tea, black regular

FOODS THAT ENCOURAGE WEIGHT GAIN

red meat	poorly digested stored as fat toxifies intestinal tract
kidney beans	inhibit insulin efficiency cause hypoglycemia slow metabolic rate
lima beans	inhibit insulin efficiency cause hypoglycemia slow metabolic rate
seeds	cause hypoglycemia
corn	inhibits insulin efficiency
buckwheat	causes hypoglycemia
wheat	decreases metabolism inefficient use of calories inhibits insulin efficiency

FOODS THAT ENCOURAGE WEIGHT LOSS

tofu	promotes metabolic efficiency
seafood	promotes metabolic efficiency
dairy	improves insulin production
green vegetables	improve metabolic efficiency
kelp	improves insulin production
pineapple	aids digestion stimulates intestinal mobility

