



“True Wealth Comes From Health”

Alkaline Forming Foods

Vegatables

Artichokes
Asparagus
Bamboo Shoots
Beets
Broccoli
Carrots
Cabbage
Celery
Cauliflower
Chard
Chicory
Cucumber
Dill
Dock
Dulse
Endive
Escarole
Garlic
Horse Radish
Jerusalem Artichokes
Kale
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsley
Parsnips
Peppers (sweet)
Radish
Spinach
Sprouts (all)
Turnips
Watercress

Fruits

Apples
Apricots
Berries (all)
Cantaloupe
Cherries
Grapes
Grapefruit
Lemons
Limes
Mangos
Oranges
Papayas
Peaches
Pears
Pineapple (fresh)
Melons (all) eat alone
Prunes (soak if dried)
Raisins (soak if dried)
Tangerines