

Alkaline Foods

Alkaline—having the properties of an alkali, or containing alkali; having a pH greater than 7

					
Avocado	Amaranth a.k.a Callaloo	Bell Peppers	Kale - Curly, Russian and Dino	Arugula	Tomatoes-Cherry and Plum
					
Okras	Dandelion Greens	Turnip Greens	Lettuce (no iceberg)	Watercress	Tomatillos
					
Green Onions	Olives	Zucchini	Squash	Yellow Squash	Chayote - Mexican squash
					
Mushrooms (no shitake)	Cucumbers	Cactus and Prickly Pears	Burro Bananas	Sour Sop	Tamarind
					
Papayas	Cantaloupes	Jelly Coconuts	Plums	Figs	Peaches
					
Mangoes	Berries - Elderberries no cranberries	Limes Seeded or Key Limes	Oranges - Sayville or Sour	Cherries	Apples
					
Pears	Seeded Grapes	Seeded Raisins	Currants	Dates	Prunes

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