

Vegan Alkaline-Forming Foods

The following list is made up of foods and drinks that are “alkaline” after they are metabolized, that is, after they are processed by the body.

VEGETABLES:

Artichokes
Asparagus
Bean Sprouts
Beans (string, green, snap, wax and yellow without formed ones)
Beets
Bell peppers (green, red, yellow) [sweet]
Broccoli
Brussels sprouts
Burdock root
Cabbage
Carrots (organic)
Cauliflower
Celery
Collards
Collard greens
Cucumbers
Daikon radish
Dandelion greens
Dill weed
Dulse seaweed
Eggplant
Endive
Green olives
Hot peppers
Jicama
Kale
Kohirabi
Kraut (sauerkraut)
Lentils
Lettuce
Lotus root

Mushrooms
Mustard greens
Parsnips
Potatoes
Radishes
Rutabagas
Salad greens
Seaweed (agar, dulse, hijiki, Irish moss, kelp, kombu, nori, spirulina, wakame)
Snow peas
Sprouts (most types)
Taro root
Turnips
Turnip greens
Yams
Zucchini

FRUITS:

Apples
Apricots
Avocados
Bananas
Berries (black, blue, boysen, rasp, straw)
Cherries
Citrus (grapefruits, lemons, limes, mandarins, oranges, tangelos, tangerines)
Coconuts
Currants
Grapes
Kiwi
Mangos
Melons (cantaloupe, honeydew, water)
Papayas
Peaches
Pears
Persimmon
Pineapples

CEREALS/GRAINS:

Granola
Oatmeal (unsweetened)
Quinoa
Japonica rice
Wild rice

CONDIMENTS:

Horseradish
Miso (soybean paste)
Rice syrup
Sea salt
Soy sauce (tamari)

SQUASH:

Hubbard
Summer
Winter

FATS AND OILS:

Almond butter
Apple butter
Avocado oil
Cashew butter
Coconut oil
Flaxseed oil
Macadamia oil
Margarine (most brands)
Okra
Olive oil
Primrose oil
Sesame butter (tahini sauce)

SWEETENERS:

Molasses
Rice syrup
Sucanat (organic)

HERBS AND SPICES:

Basil
Bay leaf
Cayenne pepper
Cilantro
Cinnamon
Coriander leaf
Garlic
Ginger root
Green onions (scallions)
Mace
Marjoram
Onion
Oregano
Paprika
Parsley
Tarragon
Thyme
Watercress

SEEDS:

Cardamom
Celery
Coriander
Cumin
Dill
Fennel
Flaxseed
Pumpkin
Quinoa
Sesame
Sunflower

FLOURS:

Oat flour

NUTS AND DRIED FRUITS:

Almonds
Cashews
Chestnuts
Macadamia
Raisins

JUICES/BEVERAGES (unsweetened):

Apple juice
Almond milk
Camomile tea
Ginger tea
Grape juice
Grapefruit juice
Herbal tea (most types)
Lemon juice
Lime juice
Orange juice
Pear juice
Pineapple juice
Vegetable juice cocktail (no tomato)

WATERS:

Apollinaris
Evian
Fiji
San Pellegrino
Sanfaustino
Volvic

WITHIN A VEGAN FRAMEWORK, YOU SHOULD EAT ALKALINE-FORMING FOODS AND FOLLOW THE PRINCIPLES OF FOOD COMBINING FOR OPTIMUM HEALTH. ORGANIC FOOD IS PREFERABLE IN GENERAL.

Appendix



SWEET FRUITS
Best combined with celery & lettuce.
Do not use with acid fruit.

SUB-ACID FRUITS
Combined with acid or sweet fruits, but not both. Good with lettuce or celery.

ACID FRUITS
Best combined with sub-acid but not sweet fruits. Good with lettuce & celery.

FOOD COMBINING for HEALTH

VEGETABLES
Combines well with most foods.

PROTEINS
Best combined with salads.
Do not use with sugar & starches.

STARCHES
Best combined with green salads (no tomatoes). Do not use with protein & fruit.

MELONS
Best combined alone.
Does not combine well with other foods.