

Nutrition & Health Center
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People vary, but for most,
 the ideal diet is 75 percent alkalizing
 and 25 percent acidifying
 foods by volume.

ALKALIZING FOODS

VEGETABLES
 Garlic
 Asparagus
 Fermented Veggies
 Watercress
 Beets
 Broccoli
 Brussel sprouts
 Cabbage
 Carrot
 Cauliflower
 Celery
 Chard
 Chlorella
 Collard Greens
 Cucumber
 Eggplant
 Kale
 Kohlrabi
 Lettuce
 Mushrooms
 Mustard Greens
 Dulce
 Dandelions
 Edible Flowers
 Onions
 Parsnips (high glycemic)
 Peas
 Peppers
 Pumpkin
 Rutabaga
 Sea Veggies
 Spirulina
 Sprouts
 Squashes
 Alfalfa
 Barley Grass
 Wheat Grass
 Wild Greens
 Nightshade
 Veggies

FRUITS
 Apple
 Apricot
 Avocado
 Banana (high glycemic)
 Cantaloupe
 Cherries
 Currants
 Dates/Figs
 Grapes
 Grapefruit
 Lime
 Honeydew
 Melon
 Nectarine
 Orange
 Lemon
 Peach
 Pear
 Pineapple
 All Berries
 Tangerine
 Tomato
 Tropical Fruits
 Watermelon

PROTEIN
 Eggs
 Whey Protein Powder
 Cottage Cheese
 Chicken Breast
 Yogurt
 Almonds
 Chestnuts
 Tofu
 (fermented)
 Flax Seeds
 Pumpkin Seeds
 Tempeh
 (fermented)
 Squash Seeds
 Sunflower Seeds
 Millet
 Sprouted Seeds
 Nuts

OTHER
 Apple Cider Vinegar
 Bee Pollen
 Lecithin Granules
 Probiotic Cultures
 Green Juices
 Veggies Juices
 Fresh Fruit Juice
 Organic Milk (unpasteurized)
 Mineral Water
 Alkaline Antioxidant Water
 Green Tea
 Herbal Tea
 Dandelion Tea
 Ginseng Tea
 Banchi Tea
 Kombucha

SWEETENERS
 Stevia

SPICES/SEASONINGS
 Cinnamon
 Curry
 Ginger
 Mustard
 Chili Pepper
 Sea Salt
 Miso
 Tamari
 All Herbs

ORIENTAL VEGETABLES
 Maitake
 Daikon
 Dandelion Root
 Shitake
 Kombu
 Reishi
 Nori
 Umeboshi
 Wakame
 Sea Veggies

ACIDIFYING FOODS

FATS & OILS
 Avocado Oil
 Canola Oil
 Corn Oil
 Hemp Seed Oil
 Flax Oil
 Lard
 Olive Oil
 Safflower Oil
 Sesame Oil
 Sunflower Oil

FRUITS
 Cranberries

GRAINS
 Rice Cakes
 Wheat Cakes
 Amaranth
 Barley
 Buckwheat
 Corn
 Oats (rolled)
 Quinoa
 Rice (all)
 Rye
 Spelt
 Kamut
 Wheat
 Hemp Seed
 Flour

DAIRY
 Cheese, Cow
 Cheese, Goat
 Cheese, Processed
 Cheese, Sheep
 Milk
 Butter

NUTS & BUTTERS
 Cashews
 Brazil Nuts
 Peanuts
 Peanut Butter
 Pecans
 Tahini
 Walnuts

ANIMAL PROTEIN
 Beef
 Carp
 Clams
 Fish
 Lamb
 Lobster
 Mussels
 Oyster
 Pork
 Rabbit
 Salmon
 Shrimp
 Scallops
 Tuna
 Turkey
 Venison

PASTA (WHITE)
 Noodles
 Macaroni
 Spaghetti

OTHER
 Distilled Vinegar
 Wheat Germ
 Potatoes

DRUGS & CHEMICALS
 Chemicals
 Drugs, Medicinal
 Drugs, Psychedelic
 Pesticides
 Herbicides

ALCOHOL
 Beer
 Spirits
 Hard Liquor
 Wine

BEANS & LEGUMES
 Black Beans
 Chick Peas
 Green Peas
 Kidney Beans
 Lentils
 Lima Beans
 Pinto Beans
 Red Beans
 Soy Beans
 Soy Milk
 White Beans
 Rice Milk
 Almond Milk