






# ALKALINE FOODSTUFFS

|                     |                                |   |   |
|---------------------|--------------------------------|---|---|
| alkaline            | <i>vegetables &amp; salads</i> | Almost all varieties, also potatoes, sweet potatoes, fresh and dried herbs, seedlings and mushrooms                     |    |
|                     | <i>fruits &amp; nuts</i>       | All varieties, also non-sulphurated dried fruits; nuts: macadamia almonds, cedar nuts, pistachios, Brazil nuts, walnuts |    |
| neutral             | <i>oils</i>                    | All cold-pressed oils as olive oil, walnut oil, pumpkin seed oil, linseed oil and much more                             |    |
| good acid producers | <i>grain &amp; pulses</i>      | Products of brown rice, pasta, bread, lentils, peas, chickpeas, lupins and soybeans                                     |   |
| bad acid producers  | <i>animal protein</i>          | All products of animal protein, like meat, fish, cheese, dairy products, eggs   |  |
|                     | <i>beverages &amp; sweets</i>  | Alcohol, lemonades, coffee. Cakes and pies made of with white flour, sweet pieces, ice cream, candies                   |  |