



“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