

Alka[®] Acid-Base Nutrition Guide

Very alkaline



Vegetables / Grasses

Alfalfa
Aubergine
Barley grass
Bean sprouts
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory
Chives
Corn salad
Courgette
Cucumber
Endive, fresh
Fennel
French beans
Garlic
Globe artichokes

Grassroot
Green beans
Green cabbage
Head lettuce
Horseradish
Horsetail
Iceberg lettuce
Kale
Kamut grass
Kelp
Kohlrabi
Leek
Lettuce
Onion
Peppers
Potato
Potato, sweet
Pumpkin
Radish red / white / black
Red beetroot
Red cabbage
Rocket salad
Savoy cabbage

Seaweed
Shallots
Spinach
Spirulina
Sprouts
Swede
Tomato
Turnips
Watercress
Wheatgrass

Legumes

Soy flour
Soy lecithin, pure
Soya beans, fresh
Soybean sprouts
Tofu

Fruit

Apple
Apricot
Avocado
Berry, blue
Berry, red / black
Blueberry

Cantaloupe
Cherry
Coconut, fresh
Cranberry
Currants
Date
Gooseberry
Grape
Grapefruit
Guava
Honeydew melon
Kaki
Kiwi
Lemon
Lime
Mango
Papaya
Pineapple
Plums
Pomegranate
Raspberry
Strawberry
Tangerine

Watermelon

Dried fruits

Apple
Cranberry
Dates
Figs
Plums
Sultanas

Seeds

Caraway seed
Chia seed
Cumin seed
Fennel seed
Fenugreek seed
Hazelnut
Hempseed
Linseed
Quinoa seed
Sesame seed
Spelt seed

Unprocessed cereals

Buckwheat

Spices & Seasonings seasonings

Basil
Cayenne pepper
Curcuma
Ginger, fresh
Himalayan salt
Lemon balm
Lemongrass
Mint
Oregano
Sea salt
Thyme

Beverages

Herbal tea
Still mineral water
Tap water



Light alkaline

Vegetables / Grasses

Agar agar
Asparagus
Mushrooms

Nuts

Brazil nuts
Chestnuts

Unprocessed cereals

Quinoa

Vinegar, spices & herbs seasonings

Apple vinegar
Garlic
Gherkins
Pepper
Silver onions
Wine vinegar

Dairy

Breast milk
Fresh whey

Oils and fats

Avocado oil
Coconut oil
Fish oil
Flaxseed oil

Linseed oil

Olive oil, extra virgin
Sesame oil

Sweeteners

Coconut blossom sugar
Cold-sweetened honey
Stevia

Beverages

Rooibos tea
Tea, white and green



Alka® Acid-Base Nutrition Guide



Slightly acidifying

Vegetables / Grasses

Rhubarb

Legumes

Brown beans
Chickpeas
Hummus
Kidney beans
Lentils

Lima beans
Peas
White beans

Seeds

Pine nuts

Unprocessed cereals & rice

Rice, brown
Unpolished rice

Bread & cereals

Brown bread wheat
without yeast

Sourdough bread wheat
Wholemeal wheat bread
without yeast

Dairy, fats & Eggs

Butter
Buttermilk
Cottage cheese
Cream
Egg white

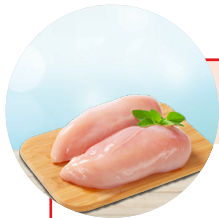
Ghee butter
Milk
Quark
Yoghurt

Oils & Fats

Walnut oil

Beverages

Carbonated mineral water
Soy milk unsweetened
Unsweetened almond milk
Unsweetened rice milk
Wine, red



Heavily acidifying

Meat, poultry & fish

Beef
Carp
Chicken
Cod
Crayfish
Dorado
Flounder
Herring
Lamb
Lettuce
Liver
Lobster
Mackerel
Meat products
Organ meats
Oysters
Panga fillet

Perch
Poon
Pork
Saithe
Salmon
Tilapia
Trout
Veal

Nuts

Almonds
Cashew nuts
Macadamia nuts
Peanuts
Pecans
Pistachios
Pumpkin seeds
Sunflower seeds
Walnuts

Unprocessed cereals & rice

Amaranth

Barley
Bulgur
Maize
Millet
Oats
Rice, white
Rye
Spelt
Wheat

Bread & cereals

Brown bread with yeast
Pasta
Rye bread
Semolina
Spelt bread
Wheat bread
White bread
Whole-wheat bread
with yeast

Dairy, fats & eggs

Cheese (processed)
Chocolate milk
Egg yolk
Halvarine
Hard cheese
Puddings/sweets
Spread cheese
Sweetened yoghurt
Yoghurt drink

Oils & Fats

Corn oil
Hard fats
Liquid butters
Sunflower oil

Sauces & Flavours

Curry
Ketchup
Mayonnaise
Molasses
Mustard

Sweeteners

Artificial sweeteners
Barley malt syrup
Beet sugar
Brown rice syrup
Dried sugar cane
Fructose
Honey
Milk sugar
Molasses
Sugar

Miscellaneous

Biscuits
Candy
Chips
Chocolate
Pizza
Processed foods
Ready-to-eat products

Beverages

Beer
Coffee
Cola (also light and zero)
Energy drinks
Fruit juice, sweetened
Liqueur
Liquor
Soft drinks
Tea, black
Wine, rosé
Wine, white

