

APPROVED ALKALINE FOODS FOR EVERYDAY WELLNESS



PLANT-BASED
FOODS



RICH IN
NATURAL NUTRIENTS



SUPPORTS
NATURAL WELLNESS



GOOD FOR
EVERYDAY LIVING



NOURISHES
MIND & BODY

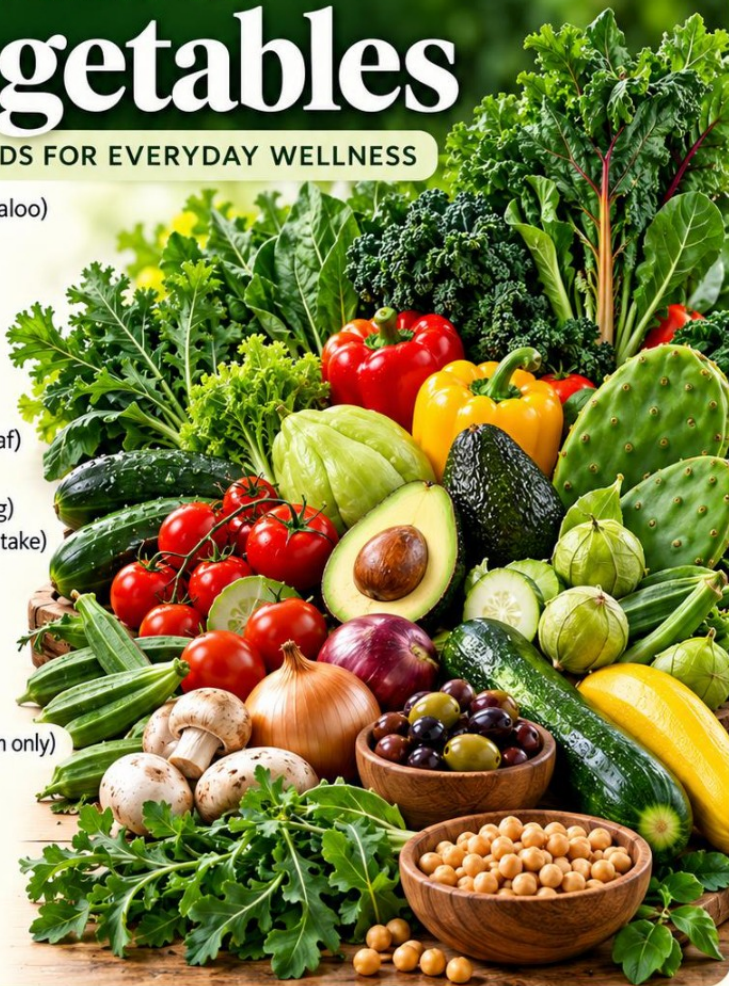
— ONE LOVE ALCALINE BLENDS —



Vegetables

MINERAL-RICH FOODS FOR EVERYDAY WELLNESS

- ✓ Amaranth greens (callaloo)
- ✓ Avocado
- ✓ Bell peppers
- ✓ Chayote
- ✓ Cucumber
- ✓ Dandelion greens
- ✓ Garbanzo beans
- ✓ Izote (cactus flower/leaf)
- ✓ Kale
- ✓ Lettuce (except iceberg)
- ✓ Mushrooms (except shiitake)
- ✓ Nopales
- ✓ Okra
- ✓ Olives
- ✓ Onions
- ✓ Squash
- ✓ Tomato (cherry and plum only)
- ✓ Tomatillo
- ✓ Turnip greens
- ✓ Watercress
- ✓ Zucchini
- ✓ Purslane (verdolaga)
- ✓ Wild arugula



Use this guide to make simple, natural food choices for an alkaline lifestyle.

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Seeded Fruits

SEEDED ALKALINE FRUIT CHOICES

- ✓ Apples (Granny Smith and Red Delicious not recommended)
- ✓ Bananas (the smallest one or the Burro / midsize / original banana)
- ✓ Berries (all varieties, no cranberries)
- ✓ Elderberries (in any form)
- ✓ Cantaloupe
- ✓ Cherries
- ✓ Currants
- ✓ Dates
- ✓ Figs
- ✓ Grapes (seeded)
- ✓ Limes (Key limes, with seeds)
- ✓ Mango
- ✓ Melons (Watermelon, seeded)
- ✓ Orange (Seville or sour preferred)
- ✓ Papayas
- ✓ Peaches
- ✓ Pears
- ✓ Plums
- ✓ Prickly Pear (cactus fruit)
- ✓ Prunes
- ✓ Raisins (seeded)
- ✓ Soft Jelly Coconuts
- ✓ Soursops
- ✓ Tamarind



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Natural Herbal Teas

APPROVED HERBAL TEA CHOICES

- ✓ Burdock
- ✓ Chamomile
- ✓ Elderberry
- ✓ Fennel
- ✓ Ginger
- ✓ Raspberry
- ✓ Tila



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Sea Vegetables

OCEAN MINERALS

- ✓ Sea Vegetables
- ✓ (Wakame / dulse /
arame / hijiki / nori)

Wakame

Nori

Dulse

Arame

Hijiki



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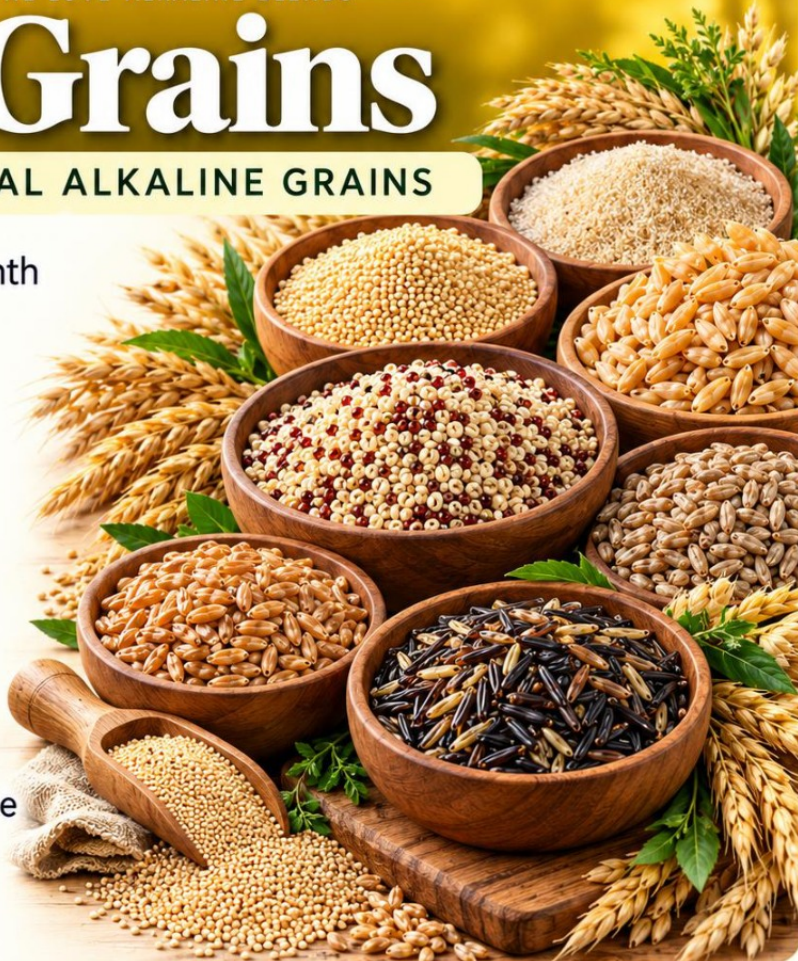
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Grains

NATURAL ALKALINE GRAINS

- ✓ Amaranth
- ✓ Fonio
- ✓ Kamut
- ✓ Quinoa
- ✓ Rye
- ✓ Spelt
- ✓ Tef
- ✓ Wild Rice



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Mild Flavors

HERBS & SEASONINGS

- ✓ Basil
- ✓ Bay Leaf
- ✓ Cloves
- ✓ Dill
- ✓ Oregano
- ✓ Savory
- ✓ Sweet Basil
- ✓ Tarragon
- ✓ Thyme



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Salty Flavors

SALTY FLAVOR OPTIONS

- ✓ Pure Sea Salt
- ✓ Powdered Granulated Seaweed (Kelp / Dulse / Nori — has “sea taste”)



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Pungent & Spicy Flavors

SPICY FLAVOR OPTIONS

- ✓ Achioté
- ✓ Cayenne / African Bird Pepper
- ✓ Coriander (Cilantro)
- ✓ Onion Powder
- ✓ Habanero
- ✓ Sage



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Sweet Flavors

SIMPLE SWEET OPTIONS



Pure Agave Syrup
(from cactus)



Date Sugar



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