

<p>cabbage, Savoy cabbage, asparagus, spinach, salsify, tomato , water chestnut, watercress, cabbage, garlic, zucchini</p> <p><b>Legumes</b> The edamame beans, fresh beans (fava beans, runner beans, etc.), green beans, French beans, wax beans, peas, snow peas, sugar snap peas</p> <p><b>Fruit</b> Lemon, Grapefruit, Lime</p> <p><b>Spices / Sauces</b> Cayenne pepper, basil, chili, chives, Turmeric, Wood sorrel, ginger, coriander, parsley, Horsetail, Most other spices and herbs, sundried tomatoes, Almond Butter, Tahini (sesame paste), umeboshi plums, Mineral Salt, Apple Cider Vinegar, Herbal salts</p> <p><b>Other</b> Agar agar seaweed (kelp / kombu, wakame, spirulina, chlorella, etc.), Arrowroot, Kudzo / kuzo, lacto-fermented vegetables and sauerkraut.</p>	<p><b>Beverages</b> Vegetable juice (freshly squeezed), almond milk, tea (green, herb), water with freshly squeezed lemon, Tap water with pH&gt; 7</p> <p><b>Grains, bread and starchy foods</b> Buckwheat, buckwheat flour, millet, quinoa, sprouted breads, organic potato with skin (boiled and cooled down), Sweet Potatoes</p> <p><b>Sweetening</b> Birch Sugar (xylitol), stevia (clean, not mixed)</p> <p><b>Nuts and seeds</b> Chia seed, Hemp seed, linseed, Brazil nuts, pumpkin seeds, sesame seeds, sunflower seeds, almonds</p> <p><b>Cold pressed oils</b> Avocado Oil, Fish Oil, Ghee (clarified butter), Borage oil, coconut oil Flax seed oil, evening primrose oil, Olive oil, Rapeseed oil, Udo's Oil</p> <p><b>Neutral to acidic food</b> <b>Fresh fruits, berries and corn</b> Pineapple, orange, apricot, banana, berries (blackberries, blueberries, cranberries,</p>	<p>gooseberries, raspberries, strawberries, currants, etc.), Dates, pomegranate, kiwi, coconut - nut, Cherry, Corn (because of the sugar content), Mandarin (clementines, satsumas, etc.), mangoes, mangosteens, melon (cantaloupe, honey, nets, Galia, etc.), Nectarine, Rosehip, Papaya, Peach, Plum, Pear, Sharon, watermelon (less sugar than other melons), Grapes, Apples</p> <p><b>Legumes</b> Chickpeas, lentils, dried beans (aduki, borlotti, kidney, mung, pinto, great whites, blacks, whites and others, but not soy)</p> <p><b>Grain, breads</b> Amaranth, Basmati rice (whole grain), oatmeal, cracked oats, whole oat grains, buckwheat pasta with eggs, pasta made from beans, brown rice, brown rice flour, rice noodles, gluten/yeast free bread for example, Jane's flat sandwiches, Non wheat - based bread with whole grain visible</p> <p><b>Soy Products</b> Miso, Tamari, Shoyu</p> <p><b>Spices etc.</b></p>	<p>Sea salt olives, pickles (homemade with sea salt + apple cider vinegar, without sugar), Cocoa (preferably raw), dark chocolate (over 70 %), popcorn (homemade), Hemp Protein, Rice Protein.</p> <p><b>Seafood</b> Buy only fish that is caught wild from viable populations (MSC). Shellfish must be MSC or organically grown. Meat, eggs, dairy Venison, EKO-certified meat from two- and four-legged animals, Organic Eggs, Organic goat and sheep's milk products like yogurt and cheese</p> <p><b>Beverages</b> Rice milk, soy milk</p> <p><b>Nuts</b> Hazelnuts, chestnuts (roasted) Coconut, Macadamia nuts, pecans, pine nuts, walnuts</p> <p><b>Fat</b> Grape seed Oil, Refined coconut oil, coconut milk, organic butter, cold-pressed sunflower oil</p>
<p>Radish, beetroot, red cabbage, lettuce, pumpkin, leek, rhubarb, Celeriac, Arugula, okra, parsnips, peppers, horseradish, parsley, Turnip, chard, dandelion leaf, carrot, Nettles, etc.), mûche salad (field salad , winter salad), Kohlrabi, Turnip, Onion (yellow, red, silver, cucumber, Jerusalem artichoke, artichoke, grass (barley grass, wheat grass, etc.), kale, radish, broccoli, wheat, spelled, kamut, etc.), lentils, chia, quinoa, amaranth, fenugreek, as; alfalfa, mung beans, chickpeas, green Brussels sprouts, endive, fresh sprouts (such the better), Celery, Cauliflower, Broccoli, Avocados, Eggplant, Leafy greens (the darker <b>Vegetables and Root Vegetables:</b> <b>Alkaline ingredients and food:</b>  <a href="http://www.smartamaten.se">www.smartamaten.se</a> <b>Translated by, Catrin Olofsson,</b> <a href="http://www.catrinolofsweden.com">www.catrinolofsweden.com</a>  <b>Asa Jakobsson guides you to a balanced diet!</b> <small>Mit für dich som vill mta bäst!</small></p> 	<p>aspartame, etc.), agave syrup, Carob, Brown Sugar, Fruit Sugar/Fructose, Glucose syrup, maple syrup, malt syrup (wheat, barley, rice, etc.), milk sugar, Raw sugar, muscovado, etc., Syrup (white, light, dark), White sugar of all varieties</p> <p><b>Beverages</b> Energy and sports drinks , fruit juices (all varieties), soda, juice, hot chocolate, milk, carbonated water, flavored Water, coffee (even decaf), tea (black, green, white , fruit), Spirits, Wine, Beer</p> <p><b>Other</b> In principle, all refined/processed foods, such as: Chips, cheese puffs, etc., microwaved popcorn, breakfast cereals (corn flakes, bran flakes, etc.), ice cream, candy, milk chocolate, jam, marmalade, jelly, custard, Mushrooms, Quorn, Yeast, Pickles, canned food, microwaved food, cigarettes, medicine, drugs.</p>	<p><b>Soy and soy products</b> Soybeans, Soy Milk, Soy yogurt, soy flour, tofu, soy cheese, soy protein</p> <p><b>Nuts</b> Cashews, peanuts, pistachios</p> <p><b>Fat</b> All refined (not cold pressed) fats, eg: Corn oil, sunflower oil, cooking oil, margarine</p> <p><b>Grains</b> Whole grain barley and rye, all kinds of wheat (wheat berries, kamut, spelled, etc.), pasta made from wheat (both white and whole wheat), wheat flour (white, whole wheat/whole grain) and wheat bran, noodles, white rice of all varieties)</p> <p><b>Condiments / Sauces</b> Ketchup, Mayonnaise, Mustard, Soya sauce, Tabasco, Wasabi, Vinegar (except apple cider vinegar)</p> <p><b>Sweetening</b> All types of refined sugars and sweeteners, as: Artificial sweeteners (saccharin, sucralose,</p>	<p><b>Sweetening</b> Raw organic honey, dried fruits (dates, figs, apricots, raisins, plums, etc.)</p> <p><b>Acidic (avoid it)</b> <b>Meat, poultry and fish</b> Farmed fish, non-organic seafood (ex: lobster, crayfish, clams, oysters, shrimp, scallops), non-organic poultry, lamb, beef, veal, pork, dishes from animal organs, cured meats, such as sausages, bacon and meatballs.</p> <p><b>Dairy products and eggs</b> Sour cream, cream, cottage cheese, kwark, Buttermilk, Milk (old-organic is better than "regular"), butter, whey, casein, cheese (hard, soft, etc.), Fie (natural A file better than flavored or "regular" file), yogurt (if you're eating it, remember that plain is better than flavored), non organic Eggs</p> <p><b>Bread and biscuits</b> All except those found in smart / health smart, eg: Pastries, Wholegrain Bread, Grain bread, rye bread, wheat biscuit, white bread</p>