



Gentle Touch Healing

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Alkaline Foods List

INFORMATION SHEET ...

General note: Cancerous cells multiply faster in an Acid Residue environment; so avoiding Acid Residue foods and moving over to an Alkaline based diet could help to starve cancerous cells.

Please note: If you choose to change your diet, please make the change over a reasonable period of time – suddenly changing your diet can lead to withdrawal symptoms.

Food Category	Food	Rating				
		<-- highly acidic	-- highly alkaline	-->		
Breads	Corn Tortillas		X			
Breads	Rye bread			X		
Breads	Sourdough bread		X			
Breads	White biscuit			X		
Breads	White bread		X			
Breads	Whole-grain bread			X		
Breads	Whole-meal bread			X		
Condiments	Ketchup		X			
Condiments	Mayonnaise		X			
Condiments	Miso		X			
Condiments	Mustard		X			
Condiments	Soy sauce		X			
Dairy	Buttermilk				X	
Dairy	Cheese (all varieties, from all milks)		X			
Dairy	Cream			X		
Dairy	Egg whites		X			
Dairy	Eggs (whole)		X			
Dairy	Homogenized milk			X		
Dairy	Milk (not pasteurized)			X		
Dairy	Milk (pasteurized)		X			
Dairy	Paneer (cheese)		X			
Dairy	Quark		X			
Dairy	Yoghurt (sweetened)		X			
Dairy	Yoghurt (unsweetened)			X		
Beverages & Drinks	Beer	X				
Beverages & Drinks	Coffee	X				
Beverages & Drinks	Coffee substitute drinks			X		
Beverages & Drinks	Fruit juice (natural)			X		
Beverages & Drinks	Fruit juice (sweetened)	X				
Beverages & Drinks	Liquor	X				
Beverages & Drinks	Soda/Pop		X			
Beverages & Drinks	Tea (black)	X				
Beverages & Drinks	Tea (herbal, green)				X	
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				X	

Food Category	Food	Rating				
		<-- highly acidic -- highly alkaline -->				
Beverages & Drinks	Water (sparkling)		x			
Beverages & Drinks	Water (spring)			x		
Beverages & Drinks	Wine		x			
Fats & Oils	Borage oil				x	
Fats & Oils	Butter			x		
Fats & Oils	Coconut Oil (raw)				x	
Fats & Oils	Cod liver oil			x		
Fats & Oils	Corn oil			x		
Fats & Oils	Evening Primrose oil				x	
Fats & Oils	Flax seed oil				x	
Fats & Oils	Margarine			x		
Fats & Oils	Marine lipids				x	
Fats & Oils	Olive Oil				x	
Fats & Oils	Sesame oil				x	
Fats & Oils	Sunflower oil			x		
Fruits	Acai Berry			x		
Fruits	Apples			x		
Fruits	Apricot			x		
Fruits	Apricots			x		
Fruits	Apricots (dried)			x		
Fruits	Avocado (protein)					x
Fruits	Banana (ripe)		x			
Fruits	Banana (unripe)				x	
Fruits	Black currant			x		
Fruits	Blackberries			x		
Fruits	Blueberry			x		
Fruits	Cantaloupe			x		
Fruits	Cherry, sour				x	
Fruits	Cherry, sweet			x		
Fruits	Clementines			x		
Fruits	Coconut, fresh				x	
Fruits	Cranberry			x		
Fruits	Currant			x		
Fruits	Dates			x		
Fruits	Dates (dried)			x		
Fruits	Fig juice powder			x		
Fruits	Figs (dried)				x	
Fruits	Figs (raw)				x	
Fruits	Fresh lemon				x	
Fruits	Goji berries			x		
Fruits	Gooseberry, ripe			x		
Fruits	Grapefruit			x		
Fruits	Grapes (ripe)			x		
Fruits	Italian plum			x		
Fruits	Limes				x	
Fruits	Mandarin orange		x			
Fruits	Mango			x		
Fruits	Nectarine			x		
Fruits	Orange			x		
Fruits	Papaya			x		
Fruits	Peach			x		
Fruits	Pear			x		

Food Category	Food	Rating				
		<-- highly acidic	--	highly alkaline	-->	
Fruits	Pineapple	x				
Fruits	Pomegranate	x				
Fruits	Raspberry	x				
Fruits	Red currant		x			
Fruits	Rose hips	x				
Fruits	Strawberries		x			
Fruits	Strawberry		x			
Fruits	Tangerine		x			
Fruits	Tomato					x
Fruits	Watermelon		x			
Fruits	Yellow plum		x			
Grains & Legumes	Basmati rice			x		
Grains & Legumes	Brown rice	x				
Grains & Legumes	Buckwheat				x	
Grains & Legumes	Bulgar wheat		x			
Grains & Legumes	Couscous		x			
Grains & Legumes	Granulated soy (<i>cooked, ground</i>)					x
Grains & Legumes	kamut				x	
Grains & Legumes	Lentils				x	
Grains & Legumes	Lima beans					x
Grains & Legumes	Oats		x			
Grains & Legumes	Rye bread		x			
Grains & Legumes	Soy flour				x	
Grains & Legumes	Soy lecithin, pure					x
Grains & Legumes	Soy nuts (<i>soaked soy beans, then dried</i>)					x
Grains & Legumes	Soybeans, fresh					x
Grains & Legumes	Spelt				x	
Grains & Legumes	Tofu				x	
Grains & Legumes	Wheat	x				
Grains & Legumes	white (navy) beans					x
Meat, Poultry & Fish	Beef	x				
Meat, Poultry & Fish	Buffalo		x			
Meat, Poultry & Fish	Chicken		x			
Meat, Poultry & Fish	Duck		x			
Meat, Poultry & Fish	Fresh water fish		x			
Meat, Poultry & Fish	Liver			x		
Meat, Poultry & Fish	Ocean fish		x			
Meat, Poultry & Fish	Organ meats			x		
Meat, Poultry & Fish	Oysters			x		
Meat, Poultry & Fish	Pork	x				
Meat, Poultry & Fish	sardines (canned)	x				
Meat, Poultry & Fish	Tuna (canned)	x				
Meat, Poultry & Fish	Veal	x				
Meat, Poultry & Fish	Wild salmon,					
Misc	Apple Cider Vinegar			x		
Misc	Baking soda					x
Misc	Bee pollen				x	
Misc	Canned foods		x			
Misc	cereals (like Kelloggs etc)		x			
Misc	Hummus			x		
Misc	Microwaved foods					
Misc	POPCORN			x		

Food Category	Food	Rating				
		<-- highly acidic -->	highly acidic	neutral	highly alkaline	-->
Misc	Rice milk			X		
Misc	Royal Jelly				X	
Misc	Soy Protein Powder			X		
Misc	Tempeh			X		
Misc	Whey protein powder			X		
Nuts	Almond				X	
Nuts	Almond butter (raw)				X	
Nuts	Brazil nuts			X		
Nuts	Cashews			X		
Nuts	Filberts			X		
Nuts	Hazelnut			X		
Nuts	Macadamia nuts (raw)			X		
Nuts	Peanut butter (raw, organic)		X			
Nuts	Peanuts		X			
Nuts	pine nuts (raw)				X	
Nuts	Pistachios		X			
Nuts	Walnuts			X		
Roots	Carrot				X	
Roots	Fresh red beet					X
Roots	Kohlrabi				X	
Roots	Potatoes				X	
Roots	Red radish					X
Roots	Rutabaga				X	
Roots	Summer black radish					X
Roots	sweet potatoes			X		
Roots	Turnip				X	
Roots	White radish (spring)				X	
Roots	Yams				X	
Seeds	Barley			X		
Seeds	Caraway seeds				X	
Seeds	Cumin seeds				X	
Seeds	Fennel seeds				X	
Seeds	Flax seeds			X		
Seeds	Pumpkin seeds			X		
Seeds	Sesame seeds				X	
Seeds	Sunflower seeds			X		
Seeds	Wheat Kernel		X			
Sweets & Sweeteners	Agave nectar			X		
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		X			
Sweets & Sweeteners	Artificial sweeteners	X				
Sweets & Sweeteners	Barley malt syrup			X		
Sweets & Sweeteners	Beet sugar		X			
Sweets & Sweeteners	Brown rice syrup			X		
Sweets & Sweeteners	Chocolates		X			
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			X		
Sweets & Sweeteners	Dried sugar cane juice			X		
Sweets & Sweeteners	Fructose			X		
Sweets & Sweeteners	Halva [ground sesame seed sweet]		X			
Sweets & Sweeteners	Honey			X		
Sweets & Sweeteners	Maple Syrup			X		
Sweets & Sweeteners	Milk sugar			X		
Sweets & Sweeteners	Molasses		X			

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Sweets & Sweeteners	Sugar (white)		x				
Sweets & Sweeteners	Sugarcane		x				
Sweets & Sweeteners	Turbinado sugar			x			
Sweets & Sweeteners	Xylitol		x				
Vegetables	Alfalfa					x	
Vegetables	Alfalfa grass						x
Vegetables	Artichokes				x		
Vegetables	Asparagus				x		
Vegetables	Aubergine/Egg plant				x		
Vegetables	Barley grass						x
Vegetables	Basil				x		
Vegetables	Bell peppers/capsicums (all colors)				x		
Vegetables	Blue-Green Algae			x			
Vegetables	Bok Choy				x		
Vegetables	Brussels sprouts				x		
Vegetables	Cabbage lettuce, fresh					x	
Vegetables	Canned vegetables		x				
Vegetables	Cauliflower				x		
Vegetables	Cayenne pepper					x	
Vegetables	Celery					x	
Vegetables	Chives				x		
Vegetables	Cilantro					x	
Vegetables	Comfrey				x		
Vegetables	Cooked vegetables (all kinds)			x			
Vegetables	Cucumber, fresh						x
Vegetables	Dandelion						x
Vegetables	Dog grass						x
Vegetables	Endive, fresh					x	
Vegetables	French cut (<i>green</i>) beans					x	
Vegetables	Frozen vegetables		x				
Vegetables	Garlic					x	
Vegetables	Ginger					x	
Vegetables	Ginseng				x		
Vegetables	Green cabbage, (<i>December Harvest</i>)				x		
Vegetables	Green cabbage, (<i>March Harvest</i>)				x		
Vegetables	Horse radish				x		
Vegetables	Jicama						x
Vegetables	Kale						x
Vegetables	Kamut grass						x
Vegetables	Lamb's lettuce				x		
Vegetables	Leeks (bulbs)				x		
Vegetables	Lettuce				x		
Vegetables	Mushrooms		x				
Vegetables	Mustard greens				x		
Vegetables	Onion				x		
Vegetables	Oregano					x	
Vegetables	Parsnips				x		
Vegetables	Peas, fresh				x		
Vegetables	Peas, ripe				x		
Vegetables	Peppers				x		
Vegetables	Pickled vegetables	x					
Vegetables	Pumpkins (raw)				x		

Food Category	Food	Rating					
		<-- highly acidic -- highly alkaline -->					
Vegetables	Raw onions				X		
Vegetables	Red cabbage				X		
Vegetables	Rhubarb stalks				X		
Vegetables	Savoy Cabbage				X		
Vegetables	Sea Vegetables				X		
Vegetables	Seaweed (dulse, kelp, laver, etc)				X		
Vegetables	Shave grass						X
Vegetables	Sorrel					X	
Vegetables	Sourkraut		X				
Vegetables	Soy Sprouts						X
Vegetables	Spinach (<i>March harvest</i>)				X		
Vegetables	Spinach (<i>other than March</i>)					X	
Vegetables	Sprouted seeds (all kinds)						X
Vegetables	Squash (all kinds, raw)				X		
Vegetables	Straw grass						X
Vegetables	Thyme				X		
Vegetables	Tomatoes (puree)						
Vegetables	Tomatoes (raw)				X		
Vegetables	Tomatoes (sundried)						
Vegetables	Watercress				X		
Vegetables	Wheat grass						X
Vegetables	White cabbage				X		
Vegetables	Yeast			X			
Vegetables	Zucchini				X		