



## DR. IANNELLI'S LIST OF ALKALINE FOODS

### *ALKALIZING VEGETABLES*

Alfalfa – Barley Grass – Beet Greens – Beets – Broccoli – Cabbage – Carrot – Cauliflower – Celery – Chard Greens – Chlorella – Collard Greens – Cucumber – Dandelions – Dulce – Edible Flowers – Eggplant – Fermented Veggies – Garlic – Green Beans – Green Peas – Kale – Kohlrabi – Lettuce – Mushrooms – Mustard Greens – Nightshade Veggies – Onions – Parsnips (high glycemic) – Peas – Peppers – Pumpkin – Radishes – Rutabaga – Sea Veggies – Spinach, green – Spirulina – Sprouts – Sweet Potatoes – Tomatoes – Watercress – Wheat Grass – Wild Greens

### *ALKALIZING ASIAN VEGETABLES*

Daikon – Dandelion Root – Kombu – Maitake – Nori – Reishi – Shitake – Umeboshi – Wakame

### *ALKALIZING FRUITS*

Apple – Apricot – Avocado – Banana (high glycemic) – Berries – Blackberries – Cantaloupe – Cherries – Sour Coconuts, fresh – Dates, dried – Figs, dried – Grapes – Grapefruit – Honeydew melon – Lemon – Lime – Muskmelons – Nectarine – Orange – Peach – Pear – Pineapple – Raisins – Raspberries – Rhubarb – Strawberries – Tangerine – Tomatoes – Tropical Fruits – Umeboshi Plums – Watermelon

### *ALKALIZING PROTEIN*

Almonds – Chestnuts – Millet – Tempeh (fermented) – Tofu (fermented) – Whey Protein Powder

### *ALKALIZING SWEETENERS*

Stevia

### *ALKALIZING SPICES & SEASONINGS*

Chili Pepper – Cinnamon – Curry – Ginger – Herbs (all) – Miso – Mustard – Sea Salt – Tamari

### *ALKALIZING OTHER*

Alkaline Antioxidant Water \*the Iannelli Wellness Center sells this!\* – Bee Pollen – Fresh Fruit Juices – Green Juices – Lecithin Granules – Mineral Water Molasses, blackstrap – Probiotic Cultures – Soured Dairy Products – Veggie Juices

### *ALKALIZING MINERALS*

Calcium: pH 12 – Cesium: pH 14 – Magnesium: pH 9 – Potassium: pH 14 – Sodium: pH 14

*Alkalizing producing activities/emotions:* Meditation, Prayer, Peace, Happiness, Joy, Kindness & Love