nutrient dense alkaline foods

**who**  people who may be struggling with issues related to high uric acid levels

**how**  nutrient dense, moderate insulin load foods that are also more alkaline

Vegetables, spices and fruit
- spinach
- endive
- broccoli
- watercress
- coriander
- chicory greens
- beet greens
- zucchini
- chard
- Chinese cabbage
- escarole
- parsley
- lettuce
- turnip greens
- asparagus
- mustard greens
- chives
- arugula
- cauliflower
- summer squash
- celery
- pickles
- okra
- sauerkraut
- cucumber
- radishes
- collards
- portabella mushrooms
- jalapeno peppers
- alfalfa
- yeast extract spread
- white mushroom
- brown mushrooms
- kale
- bamboo shoots
- cabbage
- snap beans
- red peppers
- radicchio
- spirulina
- eggplant
- seaweed (wakame)
- Brussel sprouts
- onions
- radishes
- turnips
- mung beans
- shiitake mushroom
- chayote
- red cabbage
- seaweed (kelp)
- peas
- avocado
- rhubarb
- edamame
- soybeans (sprouted)
- artichokes

Animal products
- lamb kidney
- lamb liver
- chicken liver
- veal liver
- chicken liver
- beef liver
- turkey liver
- smelt
- beef kidney
- rib eye steak
- chicken liver pate
- pork liver
- roast beef
- lamb heart
- ground turkey
- ham
- turkey heart
- roast pork

Seafood
- salmon
- caviar
- anchovy
- trout
- fish roe
- oyster
- cisco
- sturgeon
- mackerel
- herring
- crab
- halibut
- sardines
- tuna
- lobster
- pollock
- octopus
- cod

Diary and egg
- Swiss cheese
- cheddar cheese
- egg yolk
- cream
- butter
- whole egg
- cream cheese
- sour cream
- mozzarella
- feta cheese

Nuts and seeds
- coconut water
- coconut milk
- coconut meat
- coconut cream
- macadamia nuts
- sunflower seeds
- flax seed
- pumpkin seeds