

nutrient dense alkaline foods

These foods have a lower Potential Renal Acid Load (PRAL) and prioritise nutrients that are harder to find on an alkaline diet (i.e. omega 3, choline, vitamin D, vitamin E, magnesium, zinc, thiamine and potassium). From a macronutrient perspective, these foods are 33% protein, 20% fat and 28% net carbohydrates and have a lower energy density of 112 calories per 100g.

vegetables

- endive
- chicory greens
- coriander
- escarole
- spinach
- watercress
- asparagus
- beet greens
- chard
- arugula
- lettuce
- zucchini
- parsley
- mustard greens
- yeast extract spread
- celery
- mushrooms
- Chinese cabbage
- broccoli
- pickles
- cucumber
- banana pepper
- summer squash
- cauliflower
- okra
- radishes
- chives
- eggplant
- sauerkraut
- alfalfa
- jalapeno peppers
- turnip greens
- cabbage
- chayote
- artichokes
- collards
- rhubarb
- red peppers
- pumpkin
- turnips

- snap beans
- kale
- butternut squash
- winter squash
- red cabbage
- Brussel sprouts
- onions
- peas
- spirulina
- amaranth leaves
- mung beans
- soybeans
- carrots
- edamame
- turnips

spices

- basil
- paprika
- cloves
- curry powder
- sage
- dill

fruit

- blackberries
- avocado
- raspberries
- olives
- carambola
- strawberries
- kiwifruit
- cantaloupe

nuts and seeds

- coconut water
- sunflower seeds
- brazil nuts
- flax seed
- tofu
- almonds
- hazelnuts

offal

- liver
- brains
- kidney
- heart

animal products

- egg yolk
- whole egg
- pork chops
- chicken breast
- pork
- turkey

seafood

- caviar
- fish roe
- mackerel
- trout
- oysters
- lobster
- crab
- salmon
- anchovy
- mussel
- halibut
- cod
- rockfish
- herring
- sardine
- pollock
- octopus
- flounder
- starfish
- whiting
- smelt
- haddock
- clam
- white fish
- shrimp
- perch