

# Lemire Clinic

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Natural family medicine with a personal touch

## Alkaline Foods List

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	Pannier (cheese)		X		
Dairy	Quark		X		
Dairy	Yogurt (sweetened)		X		
Dairy	Yogurt (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
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			
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	Bulgur wheat			x			
Grains & Legumes	Couscous			x			
Grains & Legumes	Granulated soy (cooked, ground)					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 (soaked soy beans, then dried)						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			
Misc	Rice milk			x			
Misc	Royal Jelly				x		
Misc	Soy Protein Powder			x			
Misc	Tempeh			x			





