

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
- shitake mushroom
- chayote
- red cabbage
- seaweed (kelp)
- peas
- avocado
- rhubarb
- edamame
- soybeans (sprouted)
- artichokes

seafood

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

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

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