



TOP 15 ALKALINE FOODS

WHY ALKALINE FOODS COULD BE YOUR FOUNTAIN OF YOUTH!

There is substantial decades old evidence that a diet full of alkaline foods can prevent and reverse cancer, type 2 diabetes, hypertension, fatty liver, stones, kidney disease, insulin resistance, autoimmune disease, and more. These whole plant foods could be considered your Fountain of Youth! In these pages we show you how consuming them benefits you and how to make it FUN!

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Top 15 High-Alkaline Foods

Why Alkaline Foods are Your Fountain of Youth!

Brought to you by:

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The writer is not a medical professional yet has done a lot of personal research on the acid and alkaline effects in your body you're your best interest, HippocratesDocs.com and the writer encourage you to consult your physician for medical advice for your specific needs.

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Top 15 High-Alkaline Foods

Why Alkaline Foods are Your Fountain of Youth!

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Top 15 High-Alkaline Foods

Why Alkaline Foods are Your Fountain of Youth!

HippocratesDocs.com is proud to present you with this information about a family of whole plant foods that could be considered your Fountain of Youth!

There is substantial decades old evidence that a diet full of alkaline foods can prevent and reverse cancer (by killing cancer cells), type 2 diabetes, hypertension, fatty liver, stones, kidney disease, insulin resistance, autoimmune, RA, & more. Often, doctors fail to address the correlation between food and these diseases, as well as cancer prevention and treatment.

In the pages of this short but full book, we share not only the top 15 alkaline foods. We also share how you can create dishes that get your family and friends involved to increase the fun factor in consuming these beneficial foods.



Top 15 High-Alkaline Foods

INTRODUCTION

In 2020, throughout the world, our social fabric has been unraveled. The way we do life has changed. If you have ever wondered what the status quo is, think about the new status quo. It has changed. We have been forced to redesign our lives now and it will happen again as we come out of this current health and political climate.

Did you know we can do it more healthfully and consciously? Eating the right foods, preferably alkaline plant foods, getting proper exercise and rest, as well as managing stress are all contributors to our navigating this terrain.

We encourage you to learn to make new and tasty dishes, as well as stay connected to enjoy the special time with family and friends.

WHAT EXACTLY ARE ALKALINE FOODS?

Eating a diet consisting of alkaline promoting food, we can mitigate the risk of our body becoming too acidic and overburdening our systems because of the high level of acid.

Alkaline foods can be any fruits or vegetables that register above 7 on the pH linear scale. Foods are rated in accordance with how alkalizing, or alkaline promoting they are.

Alkalizing foods are generally characterized as plant-based, whole foods. Herbs and spices are also typically more alkaline than acidic.

Foods that are acidic promoting foods are meat, dairy, processed foods, fried foods, alcohol, caffeine, and sugar, among others. We recommend you lessen or eliminate these foods from your diet. They are also foods that create internal environments that promote cancer growth and disease production, so eliminating them is an extremely healthy decision.

With too much acidity, your body cannot absorb as many minerals and nutrients, or produce energy in cells. We all could use a little more energy, right? Also, your cells cannot repair themselves as well.

Top 15 High-Alkaline Foods

What is even more scary is studies show tumor cells thrive in acid environments inside your body. They also show that tumors create more acidity in the body. That's a nasty double-whammy!

Studies also show you can prevent disease, strengthen your immune system and allow the body to do better at healing itself when it is in a higher alkaline state. In many instances being in a higher alkaline state could allow you to reverse the damage already being caused because your body has a chance to heal itself.

So, would it stand to reason that when you change the internal environment to become more alkaline and less acidic, you can create a healthier environment, prevent and possibly reverse disease?

If you've wondered whether there is such a thing as "cancer-fighting foods", they are plant foods loaded with phytochemicals, also called phytonutrients. Phytochemicals are compounds found in plants that can help prevent chronic diseases like cancer. Some studies confirm that these nutrients also kill cancer cells.

Here are some Points to Remember:

- The most alkalizing fruits and vegetables are best when consumed raw. They have a high-water content along with being highly nutrient dense. While there remains a lot of nutrient quality, cooking releases some of the nutrients, lessening the benefits or making some benefits no longer available to you.
- Most vegetables are alkaline and do not generate acids when consumed. The high nutrient content is readily available to be absorbed into the body. They make good fuel.
- Read your package labels because some canned, frozen, or pickled vegetables use acidic solutions like lemon juice, citric acid, or vinegar for preservation. You may see a hint of this info in the Nutritional Facts, however, read the Ingredients to find out what is really in the package.

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- Citrus fruit contains citric acid which means that it has an acidic pH level, however, citric acid has an alkalinizing effect after it has been digested and assimilated into your system.

There are studies showing that meat can be alkaline prior to digestion, however, it leaves an acidic residue in the body. Because of the way foods can change after consumption is why foods are referred to as either alkaline or acidic "promoting".

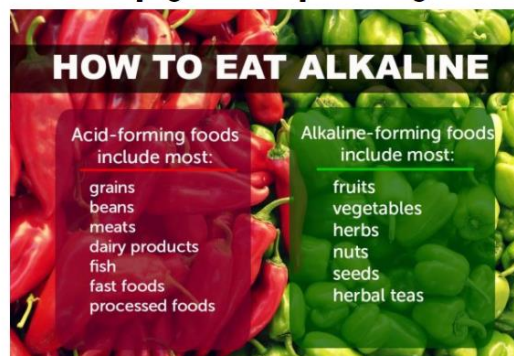
As you're guided through this book, we encourage you to stick to whole foods and plants. Eat them raw whenever possible and if you do cook them, don't overcook them. Nutrients are lost the more a food is cooked. Remember to drink plenty of water daily and use fruits as the substitute for your sweet tooth cravings.

More importantly, cut down on or cut out the acidic promoting foods since they are not good for you. Your body and the environment will thank you for that.

Our friends at Healthier Living 4 You make this recommendation:

You can always trust these tips and foods to help you improve your alkalinity:

- Check your pH regularly
- Drink more water (alkaline water, if possible)
- Remove acidic foods
- Convert to a vegan or more plant-based diet
- Replace a traditional lunch with a large green salad
- Use lettuce leaves and collard greens as wraps
- Don't consume processed foods
- Eliminate soda, sugars, and coffee, and replace them with herbal tea, herbal coffee, and green drinks
- Replace dairy milk with non-dairy milks such as coconut, hemp, or almond milk
- Add green juices and smoothies to your diet



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BUYING ALKALINE FOODS

Have a pen and paper or your shopping list available as you go through this book. Get prepared to add some of these yummy fruits and veggies to your shopping list.

Buy a small supply to start and eliminate the need to throw away things because you couldn't consume them before they went bad.

Remember to buy organic, non-GMO and seasonally available foods, when possible. If you can't or want something out of season, consider buying it frozen. It's been shown that frozen is the next best step from fresh and not have the preservatives that some fresh, out of season fruits and veggies might have.

We do also advise reading the labels to be sure about what you're getting and it's more important to know the ingredients than the nutritional facts, although both are part of the purchase consideration.

We also recommend shopping your local Farmers Markets. Locally sources foods are a great source of fresh, seasonal, organic, non-GMO foods.

More about this at the end of this eBook, along with a surprise to aid you as you prepare for the addition of some healthy alkaline foods in your diet.

Would you like more information on the foods that are life giving, whole-plant foods? Find out what medical doctors and health professionals share with you to help you to know more about these foods so you can life in optimal health.

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Now, enjoy your Top 15 High-Alkaline Foods.

Top 15 High-Alkaline Foods



TOP 15 ALKALINE FOODS

An alkaline diet is the perfect way to start fighting health issues, clear out toxins and other harmful elements in your body, and even tackle major concerns like cancer. We all know that our bodies need healthy fuel to work properly, but you might not have known just how unhealthy the modern diet (the Standard American Diet or S.A.D. Diet) is and why it leads to big risks.

Eating a well-balanced diet and exercising on a regular basis are essential to good health. Including more alkaline foods in your diet increases the alkaline content in the blood, which decreases the acid content. A more alkaline blood pH helps protect healthy cells and balance essential mineral levels.

Alkaline diets protect bone density and muscle mass, lowering the risk of chronic pain and inflammation and improving immune function. Many high-alkaline foods are a delicious contribution to a healthy body.

Top 15 High-Alkaline Foods

It was mentioned earlier that many a times doctors fail to address the correlation between food and cancer prevention and treatment. The same applies to chronic illnesses, whether mild or acute. Decades of research has proven your diet is not only a cause of cancer and chronic illnesses, but the right foods can also prevent these diseases, or reverse them, most to the point of elimination.

Meat, dairy, refined sugar, and processed foods are all known to increase one's risk of cancer, and all of these are considered acid-forming foods. Cancer is a systemic, metabolic disease that forms as a result of nutrient deficiencies, high amounts of toxins, and usually a pH level that is too low, meaning the body is too acidic.

To neutralize the constant acid generation, we need to supply our body with more alkaline foods. An alkaline diet may be one's best defense against cancer. After all an alkaline body and cancer do not go hand in hand.



Enjoy this list of alkaline foods and add more to your daily food regimen, to feel better, live longer and be happier.

Let us know if this is truly your Fountain of Youth!

Top 15 High-Alkaline Foods

1. Cucumbers

Cucumbers are a high-alkaline vegetable that helps regulate blood pressure and plays a role in the structure of connective tissue within the body, including the muscles. Cucumbers are also a mild diuretic and can ease bloating or swelling. Their antioxidant qualities make them great for removing toxins from the body. Cucumbers are also high in B vitamins. Use cucumbers for a great detox that provides vitamins in the process.



If you can remember your grandmother's garden, being able to grab a cucumber or other vegetable, rinse it off under the kitchen faucet, or the spigot at the side of the house, you can remember how juicy and delicious they were. Try them now and see if you don't have the same reaction.

These are great to have as an appetizer at a gathering. Cut them up, place them on a platter or plate, have a supply of toothpicks handy and a vegan dipping sauce or some home-made humus. Do it as an experiment to see how well received it is. Not once but a few times. The first time might be a surprise. The 2nd time might be where the interest level goes up. The 3rd time, you might see some real converts.

Top 15 High-Alkaline Foods

2. Seeded Watermelon

Seeded watermelon is an excellent alkaline-forming food. This melon has high fiber and water content, which lets it flush acids out of the body. Incorporating seeded watermelon into the diet not only increases fiber intake but also helps balance alkaline content. There is a difference between seeded and non-seeded watermelon, so be aware of what you are buying.



Watermelon is rich in vitamin C and beta-carotene and contains plenty of arginine, magnesium, and potassium, which helps reduce blood pressure.

This is a great summertime seasonal addition to your meal preparation. It's also another great addition to your tray of snacks at gatherings. People will eat them, especially if you do a little de-seeding before putting them on the platter to share.

Top 15 High-Alkaline Foods

3. Avocado

In addition to balancing pH, this creamy fruit contains antioxidants that do wonders for the skin. Essential antioxidants make avocados a powerful, nutrient-dense food.



Avocado is also remarkably high in monounsaturated fats (good fats), which can help reduce cardiovascular disease and balance blood sugar and offer plenty of potassium, also reducing blood pressure.

Add some avocado to your smoothie or make your own fresh avocado dip. You can make a smashing dip in just 10 minutes adding some flax seeds, salsa, a little lemon juice, a dash of sea salt and some pepper. Make it a little chunky or put it in the blender to make it a little creamier. Try it both ways to decide how you will be making your signature guacamole dish.

Top 15 High-Alkaline Foods

4. Cayenne Peppers

Another surprising high-alkaline food is cayenne pepper. Cayenne pepper is one of the most alkalizing foods, filled with antioxidants and anti-inflammation benefits. This combination makes them handy for fighting off toxins.



Cayenne aids in digestion and metabolic function and has mood-boosting properties thanks to its ability to increase endorphins in the body.

Try some organic cayenne pepper as a sprinkle on top of many of your dishes or add to dishes you are preparing. Sometimes you will taste the twang, and sometimes you will just know that the flavor has been enhanced.

Here is something different you can try... add a bit of cayenne pepper to your hot organic green tea. What a treat!

Top 15 High-Alkaline Foods

5. Bell Peppers

Bell peppers can enhance almost any meal raw, grilled, or roasted. This veggie is packed with antioxidants that decrease the risk of cardiovascular disease, diabetes, and inflammation, and is rich in vitamins C, A, and E and fiber.



Some people have reported adverse reactions to peppers due to the lectins in the skin and seeds. It is found that peeling and removing the seeds helps to remove some of the inflammatory proteins.

Bell peppers are so versatile when preparing. Cut them up to add to your salad. Add them to your home-made salsa or cut them so you can add them to a vegetable skewer for grilling. They are awesome in a great stir fry mix and just plain great to eat as a snack. As an added bonus, eliminate oil with your stir fry by using vegetable broth instead, and add bell peppers to boost the flavor and nutritional value.

Top 15 High-Alkaline Foods

6. Spinach

Spinach is easy to find and easier to use. This incredibly alkaline leafy green is high in vitamins K, A, C, as well as iron, potassium, and magnesium. Spinach is also rich in chlorophyll, which can decrease inflammation and increase the quality of red blood cells.



Adding spinach to salads and other meals will help ensure balance in the body's mineral content and it adds a certain flavor to foods that only spinach can give. Its vitamin and mineral content promote a healthy body.

It is no wonder that Popeye loved spinach. It was watching his cartoons that got a lot of kids of a couple of generations to want to eat spinach. Today we know that out of the can is not the best way to eat spinach, but that didn't stop the huge 90th birthday celebration for Popeye that happened on January 17, 2019.

Top 15 High-Alkaline Foods

7. Kale

Kale is one of the most nutrient-dense foods and is high in vitamins A and C. Kale has a wealth of alkalizing benefits including those now-familiar essential antioxidants, which can improve the digestive system and help rid the body of acidity and toxins.



Kale is also one of the best sources of vitamin K, which is essential for blood clotting. As such, however, it is not recommended for people taking blood thinners.

Kale is recommended to eat raw, chewing thoroughly, to get the best vitamins and nutrients into your system. It's also suggested that a smoothie may be the best way to do that since this green leafy vegetable is thick and if not chewed well, or blended in a smoothie, it may be a little harder to digest and unlock those nutrients. Don't let that discourage you. Your body wants this veggie any way it can get it!

Top 15 High-Alkaline Foods

8. Bananas

This versatile fruit is sweet in taste, very alkaline, rich in calcium and can help balance blood sugar. Eating a banana before bed may improve sleep because they contain the amino acid tryptophan. Bananas act as a natural antacid, producing mucus that coats the lining of the stomach.



You can consume bananas many ways from right out of the skin to having as a topping on your salad or fruit snack. Dried bananas are beneficial to consume in your snack pack if you are an athlete who likes a handy multi-fruit snack pack that's easy to carry and easy and light to consume.

Bananas can also aid in relaxation thanks to the muscle-relaxing qualities of potassium and magnesium.

Top 15 High-Alkaline Foods

9. Broccoli

Like many healthy vegetables, broccoli contains antioxidants that can help decrease inflammation in the body. It is an all-around healthy cruciferous vegetable and a must when it comes to increasing alkalinity. Broccoli helps inhibit the growth of cancerous cells, supports the digestive system, and improves detoxification processes in the body.



Add broccoli to your kale salad, with some carrots and cucumbers. Eat it with a quinoa dish or some red or brown rice. Add it to your smoothie recipe.

Broccoli is juicy and crunchy, if you don't over cook it. And, if you want a crunchy snack, go for this one with a nice humus or avocado dip.

Top 15 High-Alkaline Foods

10. Celery

Not only is celery alkaline, but Celery is very high in fiber, which can reduce constipation and aid in permanent weight loss. It has an extremely high water content and lots of vitamin C, which helps support the immune system, reduce inflammation, and improve cardiovascular health.



Celery has potassium and sodium which help rid the body of excess fluids. It is a great add to cooked dishes, stews and salads. The celery stalks make great snacks for kids and adults, especially with your favorite dip.

Use a celery stalk in your Virgin Bloody Mary and just about any healthy drink cocktail. It is flavorful and a healthy add to any snack tray.

Top 15 High-Alkaline Foods

11. Grapefruit

Some foods that are acidic to taste, such as lemon, lime and grapefruit. These foods are rendered alkaline once digested, placing far less burden on the digestive system as a whole. Grapefruit is loaded with Vitamin C and is known to help in detoxifying the system, including providing relief from acidity and heart burn.



Grapefruit is high in nutrients and low in calories. It's one of the lowest-calorie fruits. It is a great source of fiber in addition to more than 15 beneficial vitamins and minerals.

Drink a glass of freshly squeezed grapefruit juice every morning or if you want a snack for brunch. It will work in your system for hours and give you its best gifts of vitamins and minerals. The initial acid content will make you want to rinse the acidic taste out of your mouth with water (preferably alkaline water) instead of brushing your teeth, which could be harmful.

Top 15 High-Alkaline Foods

12. Lemons

Lemon juice in its natural state is acidic with a pH of about 2, but once metabolized it becomes alkaline with a pH well above 7. So, outside the body, anyone can see that lemon juice is very acidic. However, once fully digested, its effect is proven to be alkalizing with many health benefits.



Lemons are an excellent source of vitamin C, B6, potassium, folic acid, flavonoids and the outstanding phytochemical, limonene. They contain phytochemicals that are high in antioxidant and anti-cancer properties. They are also potent detoxifiers with an anti-biotic effect that is protective against bacterial poisoning.

Have you ever used any home remedies using lemons? There were a lot of good reasons why. 😊 ... And it is a good idea to drink a glass of lemon water at least once a day.

Top 15 High-Alkaline Foods

13. Oranges

Oranges are an excellent source of vitamin C associated with a reduced risk of colon cancer as it helps to get rid of free radicals that cause damage to our DNA, promoting signs of aging. Vitamin C, which is also vital for the proper function of a healthy immune system, lowering cholesterol, is good for preventing colds and preventing recurrent ear infections.



Rich in Vitamin B-6, oranges help support the production of hemoglobin and helps keep blood pressure under check due to its magnesium content.

Would you eat more if you knew that an orange a day can help you look young even at 50 or older?

Top 15 High-Alkaline Foods

14. Peaches

Peaches are rich in many vitamins, minerals, and beneficial plant compounds. Calories, Protein, Fat, Carbs, Fiber, Vitamin C, Vitamin A, Potassium, Niacin, Vitamin E, Vitamin K, Copper, and Manganese.

Peaches offer smaller amounts of magnesium, phosphorus, iron, and some B vitamins. They also contain beneficial plant compounds like antioxidants, which can help protect your body from aging and disease.



A study by researchers at Washington State University and Texas A&M showed that compounds in peaches can inhibit growth of breast cancer cells and their ability to spread. Specifically, peach skin and flesh are rich in carotenoids and caffeic acid — two types of antioxidants found to have anticancer properties.

Peaches are also full of polyphenols — a category of antioxidants shown to reduce the growth and limit the spreading of cancer cells in test-tube studies. Add peaches to your smoothies and salads for a sweetness and the rich nutritional benefits.

Top 15 High-Alkaline Foods

15. Basil

Basil (*Ocimum basilicum*), is a sweet and aromatic annual herb of the mint family, native to tropical Asia. Like many other greens, holy basil is alkaline forming. This super herb has antioxidant, antibacterial, antiviral and immune-stimulating properties, all of which give it so many uses.

The plant in its entirety, both leaves and seeds, can be used as a natural healer for the full body and mind.



In fact, so much so that it is a traditional herb used during fasting so that the body does not become too acidic during the temporary cleansing process. Multiple factors have been shown to influence the need for spices for reducing the risk of cancer or changing the biological behavior of cancerous cells.

The parts of the plant that grow above the ground are historically used to make medicine for stomach spasms, intestinal gas, kidney conditions, fluid retention, head colds, warts, and worm infections. The leaves are used fresh or dried to flavor salads and sauces, and basil tea has been used as a stimulant.

Top 15 High-Alkaline Foods

OTHER ALKALINE FOODS

There are lots of alkaline foods that are great to add to your daily food intake. We want you to know the top-rated ones, and here is a short list of others:

pomegranates	tofu	soybeans	zucchini
cauliflower	lime	seaweed	sweet potatoes
carrots	beets	kiwi	pineapple
apricots	nectarines	apples	cashews
almonds	chestnuts	onion	garlic
ginger	turmeric	parsley	jalapeno
pears			

WRAPPING THINGS UP

A recent nationwide large prospective cohort study found that higher diet-dependent acid load was associated with increased risk of invasive breast cancer, especially for ER-negative and triple-negative breast cancer.

Your body is healthier in an alkaline state and some research suggests that cancer cells cannot survive in high alkaline environments. Studies also show that bones are healthier in an alkaline environment.

Your body wants an alkaline environment to work properly. However, our modern American diet – high in animal proteins, dairy, added sugars and processed foods – produces an acidic effect inside your body. The result is many of the illnesses and diseases that Americans and many around the world are currently suffering from.

Knowing this information, it seems wise to look more closely at what we are feeding ourselves and our families and change to healthier alternatives. It should not have to take a major illness to get you to make the decision to change what you're eating so you can change how you feel.

Wellness dietitian, Lindsey Wohlford say, "If you look at the typical foods that reduce cancer risk, it's pretty much all plant foods that contain phytochemicals." But she

Top 15 High-Alkaline Foods

cautions shoppers not to focus on a specific list of "cancer-fighting" foods to the exclusion of other healthy foods when shopping for produce.

Ms. Wohlford reminds us to "Keep in mind that there are more than 4,000 phytochemicals that have been discovered and researched. There is not any one super-food that contains all of them. They all offer different functions and benefits."

It is recommended you use the Shopping Guide at the end of this book to help you as you create your weekly shopping list.

Eating too much of anything can increase body fat, which increases your cancer risk. Obesity is linked to 12 types of cancer.

"Foods that are lower in calories and sugar and higher in fiber can help you manage your weight. All those things reduce the number of calories you consume," says Wohlford. "Maintaining a healthy weight is one of the most important things you can do to reduce your cancer risk."

Before you head to the grocery store, keep these tips in mind. They can help you simplify your list and make healthier choices when you get to the store.

Keep your menu simple. You don't need a complicated list of ingredients to make a healthy, tasty meal.

Don't be afraid of frozen vegetables and fruit (not in sauce or juice). Flash frozen helps the vegetables and fruit to retain their nutrient value. Fresh frozen is a great alternative when fresh isn't available.

Choose whole grains. Fiber is important for blood sugar control and weight management. Choose foods that fight inflammation. That includes, whole grains like brown rice and probiotics like non-dairy yogurt and kombucha.

One more tip: Shop the outer edges of the store. The perimeter of the store has less processed foods.

"While there are some foods that are great down the aisles, as a general rule, the whole foods are around the perimeter of the store," says Wohlford.

If you are going to buy something in a package, read the nutrition and ingredient labels first, especially the ingredients. If the item has more than two or three processed or preservative ingredients, consider making a different choice. The nutrition label will also give you valuable information about the salt and sugar content in the food you are considering.

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It is Hippocrates Docs and the writer's genuine hope that you have received valuable information within the pages of this book.

A plant-based diet is one that focuses on plants, such as fruits, vegetables, tubers, seeds, legumes, and grains. People on plant-based diets typically avoid beef, poultry, fish, eggs, and dairy, or eat them only in small quantities.

Our recommendation is to go 100% whole food, plant-based or as close as possible. Your body and your bank account will thank you!

Contact us with any questions you might have at: hippocratesdocs@gmail.com

If you feel you want to learn more about this lifestyle, incorporating these foods into your diet, consider enrolling in one of our programs:

My Health, My Priority! 12 Weeks to Wellness – a small group, Live Virtual In-Person interactive study with the guidance of a Certified Health Nutrition Facilitator. The group is designed to help you implement the simple lifestyle that medical research has proven our bodies need for health and longevity. Set a very simple goal for yourself each week and be supported in reaching it with powerful masterminding and accountability structures.

<https://hippocratesdocs.com/my-health-my-priority/>



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Just 1 Thing 4 Health Challenge to Better Health Email Series – This free weekly email-based program is the chance to learn from leading doctors and health practitioners about their favorite whole-plant foods and new habits to improve health. You will learn everything from understanding a little about food psychology, the big food companies, how to stock your pantry and fridge to understanding the foods to eat, how to prepare them, when to eat them, why and how much.

It's really very easy and it is a baby-steps process. Just 1 new habit a week. Imagine where you will be in a few months; in a year! Let the next year of your life be the best because you have reclaimed your health.

There is a solution to the obesity and chronic illness epidemic. It is a whole foods, plant-based diet and lifestyle.

<https://hippocratesdocs.com/just-1-thing/>

Just 1 Thing 4 Health
CHALLENGE
Commit to Change 1 Habit
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USE FOOD AS YOUR MEDICINE

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LET FOOD BE YOUR MEDICINE

Top 15 High-Alkaline Foods

GROCERY SHOPPING GUIDE



Make fruits, vegetables, beans and whole grains the biggest part of every meal.

Fruits and vegetables

- Berries (fresh or frozen)
- Bok choy
- Broccoli
- Brussels sprouts
- Cauliflower
- Edamame
- Garlic
- Grapes
- Grapefruit
- Leafy greens
- Oranges
- Pears
- Spinach
- Romaine lettuce
- Sweet potatoes
- Tomatoes

Any colorful vegetable or fruit is a good choice.

Frozen and canned are OK.

Protein

- Fish
- Lean chicken or turkey
- Tofu
- Black, red or pinto beans
- Garbanzo beans/chickpeas
- Lentils
- Eggs or egg substitutes

Look for lean animal protein or plant-based protein.

Dairy

- Skim milk
- Low-fat cheese
- Dairy alternatives – soy based foods and nut milks

Try options that are lower in saturated fat.

Whole grains

- Wild rice or brown rice
- Whole grain pasta
- Whole grain bread, tortillas or buns
- Oatmeal
- Quinoa

Choose whole grains over processed grains like white rice and white bread.

Cooking oils

- Olive oil
- Canola oil

Vegetable oils are healthier than butter, lard or cooking spray.

Beverages

- Green or white tea
- Water
- Coffee

Choose beverages with no added sugar, and stay away from fruit juice.

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RESOURCES

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Thank You!

Thanks to our writer, ***VLynn Hawkins***, a whole foods, plant-based diet and lifestyle advocate and part of the Hippocrates Docs team. Join the movement with us, become a Certified **My Health, My Priority** Program Facilitator, a practitioner program contributor, or join our development team. Connect with VLynn to inquire about what you need or how you can participate, email her at:

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Top 15 Alkaline Foods

THE FOODS THAT BECOME YOUR FOUNTAIN OF YOUTH

You've read it. The studies prove it. Eating more alkaline, whole-plant foods, can prevent and reverse many diseases, including the Top 2 killers of Americans; heart disease and cancer. We hope this guide gives you more information to help you get and stay healthy for decades to come.

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