

# IRRESISTIBLE YOU

## Alkaline Food List



### Alkaline-Forming Foods

Apples  
Chamomile tea  
Cherries  
Chicken  
Dates  
Fish  
Grapes  
Kiwi  
Mangos  
Mulberries  
Mullein tea  
Papayas  
Peaches  
Pears  
Persimmons  
Pomegranates  
Raspberries  
Saffron tea  
Slippery elm bark tea  
Most vegetables (especially greens!)