

List of Highly Alkaline Foods



Eating alkaline foods, which include many fruits and vegetables, can help maintain your body's ideal pH balance, potentially reducing the risk of chronic diseases like osteoporosis and cancer, and promoting overall health.



Beet Greens



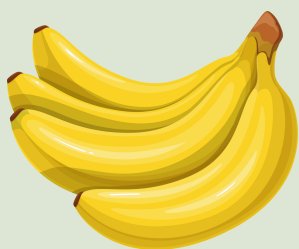
Spinach



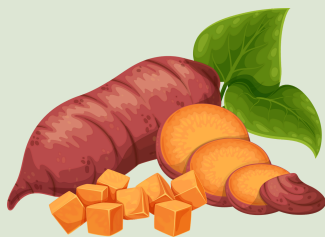
Kale



Swiss Chard



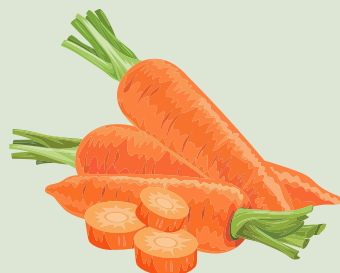
Bananas



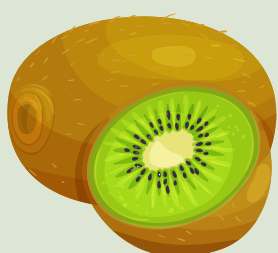
Sweet Potato



Celery



Carrots



Kiwi



Cauliflower



Cherries



Eggplant



Pears



Hazelnuts



Pineapple



Zucchini



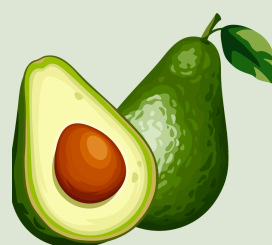
Strawberries



Apples



Watermelon



Avocado