



**DR SEBI'S ALKALINE  
FOOD LIST  
A PRACTICAL GUIDE**

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# Dr. Sebi Doesn't Recommend Eating Any Foods Not On The Dr. Sebi Food List.

The Dr Sebi approved alkaline food list is very specific and excludes many whole-food, plant-based foods.



Dr. Sebi recommends avoiding hybrid foods (plants and their fruits made by unnaturally cross-pollinating two or more plants) because they change the genetic structure, electrical composition, and pH balance to its detriment.

One such food is garlic, a plant food we are accustomed to eating but is not the best food to consume.

Note: Dr. Sebi has **removed** items from the food list and this is noted.

# Vegetables



**Amaranth Greens** - a great source of vitamin C, which is vital to the body's healing process because it **helps process iron, form blood vessels, repair muscle tissue, and maintain collagen.**

**Kale Greens** - contains four times **vitamin C** content and twice the **selenium** content of spinach, as well as nutrients like **vitamin E** and **beta-carotene**. These are all important for supporting a healthy immune system.



It's a good source of **plant-based calcium**, needed for strong bones and teeth and a great source of **vitamin K**, which works with vitamin D to support healthy bone metabolism.



**Turnip Greens** - Can help maintain healthy skin and hair, because of their high **vitamin A** content.

They boast an impressive nutritional profile, and their bioactive compounds, such as glucosinolates, may **support blood sugar control, protect against harmful bacteria, and provide anticancer and anti-inflammatory effects**

Dandelion Greens - a great source of vitamins and minerals such as: **Vitamins A, C and K**. Also a great source of folate, potassium and calcium.

These greens provide antioxidants, reduces inflammation, supports regulated blood pressure, and can lower cholesterol.



# Vegetables



**Wild Arugula** - nutrient-dense food that is high in fiber and phytochemicals. Has **calcium**, which helps the blood to clot normally and is necessary for bone health, tooth health, muscle function, and nerve function.

It is also rich in **potassium** for regulating blood pressure, **folate**, a B vitamin essential for pregnant women, and **vitamins A, C and K**.

**Nopales (Mexican Cactus)** - Antiviral and protects nerve cells, this cactus is high in antioxidants, can regulate blood sugar levels and reduce cholesterol



**Izote (Cactus Flower)** - also known as the ***Yucca Flower***, the petals and root of this plant are high in **vitamin C** and **antioxidants**, which is great for the immune system and overall health.

It is **anti-inflammatory** and **promotes skin and eye health**. It can even treat diabetes and arthritic pain.

**Chayote (Mexican Squash)** - High in antioxidants, including myricetin, which occurs in the highest amounts and has strong anticancer, antidiabetes, and anti-inflammatory properties. This squash may promote heart health and blood sugar control.

Great source of folate, making it a great food for pregnant women.

