Electric Foods

Via 9thMind

Sourced by Nikoya Jones

Under the guidance of Dr. Sebi
Alkalizing Vegetables

Alfalfa
Asparagus
Amaranth greens
Broccoli
Cabbage
Chayote
Chard Greens
Collard Greens
Cucumber
Dandelion Greens
Izote
Lettuce (all except Iceberg)
Dulce
Kale
Kohlrabi
Lettuce
Mushrooms (except shiitake)
Mustard Greens
Tomato (except large tomato)
Okra
Zucchini

Remember most vegetables are alkaline with a pH range of 4-8 unless they are hybrid vegetables.
Alkalizing Fruit

Apples Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties - Elderberries in any form – no cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes -seeded
Limes (key limes
preferred with seeds)
Mango
Melons -seeded
Orange (Seville or sour preferred, difficult to find )
Papayas
Peaches
Pears
Plums
Prunes
Raisins -seeded
Soft Jelly Coconuts

Soursops –Latin or West Indian markets)
Sugar apples (chermoya)

Canned, seedless and processed preserved/ frozen fruit is not alkaline and should not be consumed.
# Alkaline Spices & Flavors

<table>
<thead>
<tr>
<th>Basil</th>
<th>Cumin</th>
<th>Pure Maple Syrup — Grade B</th>
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</thead>
<tbody>
<tr>
<td>Bay leaf</td>
<td>Coriander</td>
<td>recommended Maple &quot;Sugar&quot; (from dried maple syrup) Date &quot;Sugar&quot; (from dried dates)</td>
</tr>
<tr>
<td>Cilantro</td>
<td>Onion Powder</td>
<td>100% Pure Agave Syrup — (from cactus)</td>
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<tr>
<td>Dill</td>
<td>Sage</td>
<td></td>
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<tr>
<td>Marjoram</td>
<td>Pure Sea Salt</td>
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<tr>
<td>Oregano</td>
<td>Powdered</td>
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<tr>
<td>Savory Sweet Basil</td>
<td>Granulated Seaweed (Kelp/Dulce/Nori — has &quot;sea taste&quot;)</td>
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<tr>
<td>Tarragon</td>
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<tr>
<td>Thyme</td>
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<tr>
<td>Achiote</td>
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<tr>
<td>Cayenne</td>
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</tbody>
</table>
Nuts & Seeds

Raw Almonds
Almond butter
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Acid Forming Drugs

All pharmaceuticals
Alcohol
Beer
Bran, wheat
Bread
Corn
Cornstarch
Crackers, soda
Flour, wheat
Flour, white
Garlic
Wine
Herbicides
Pesticides
Tobacco

Do not eat.
Blood

Do Not Eat

Any Dairy
Cheese
Butter
Fish
Milk
Meat
Electric Food Articles

What is the Electric Diet
Fasting Before the Electric Diet
Identifying Hybrid Foods
Electric Foods For Healthy Hair
The Only Book