The Dr. Sebi Alkaline Nutritional Guide

Vegetables

- Amaranth greens – same as Callaloo
- Avocado
- Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Dandelion greens
- Garbanzo beans
- Green banana
- Izote – cactus flower/ cactus leaf – grows naturally in California
- Kale
- Lettuce (all, except Iceberg)
- Mushrooms (all, except Shiitake)
- Nopales – Mexican Cactus
- Okra
- Olives
- Onions
- Poke salad – greens
- Sea Vegetables
- Squash
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Zucchini
- Watercress
- Purslane (Verdolaga)

Fruits

“No canned or seedless fruits.”
- Dr. Sebi
- 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-seeds)
- Mango
- Melons- seeded
- Orange (Seville or sour preferred, difficult to find)
- Papayas
- Peaches
- Pear
- Plums

Fruits (continued)

- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins –seeded
- Soft Jelly Coconuts
- Soursops – (Latin or West Indian markets)
- Tamarind

Grains

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Teff
- Wild Rice

Natural Herbal Teas

- Burdock
- Chamomile
- Elderberry
- Fennel
- Ginger
- Red Raspberry
- Tila

Spices and Seasonings

Mild Flavors

- Basil
- Bay leaf
- Dill
- Marjoram
- Oregano
- Savory
- Sweet Basil
- Tarragon

Pungent and Spicy Flavors

- Achiote
- Cayenne/ African Bird Pepper
- Onion Powder
- Habanero
- Sage
- Thyme

Salty Flavors

- Pure Sea Salt
- Powdered Granulated Seaweed (Kelp/

Salty Flavors (continued)

- Dulce/Nori – has “sea taste”)

Sweet Flavors

- 100% Pure Agave Syrup – (from cactus)
- Date Sugar

Nuts and Seeds – (includes Nut and Seed Butters)

- Hemp Seed
- Raw Sesame Seeds
- Raw Sesame Tahini Butter
- Walnuts
- Brazil Nuts

Oils

- Olive Oil (Do not cook)
- Coconut Oil (Do not cook)
- Grapeseed Oil
- Sesame Oil
- Hempseed Oil
- Avocado Oil

Additional Notes:

- Drink 1 Gallon of Natural Spring Water Daily
- No Animal Products, No Fish, No Hybrid Foods, No Alcohol
- Avoid using Microwave as it will “Kill your food”
- “No Canned or Seedless Fruits”

“Natural Vegetation Cell Food” coined by Dr. Sebi (USHA Healing Village)

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