

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 Shitake)
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

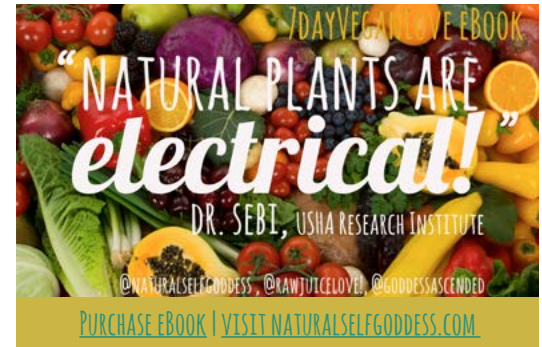
Basil
Bay leaf
Dill
Marjoram
Oregano
Savory
Sweet Basil
Tarragon

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)

naturalse^ftm
GODDESS
ORGANIC. EMPOWERMENT. LOVE. ♥