

USEFUL GRAINS PKD/PLD

*PLANT BASED ALKALINE DIET

NEUTRAL PROTEIN 06 GRAMS/KG

LOW SALT 1200 MG SODIUM

WATER

Adzuki beans	Corn meal organic	Oats
Almond butter	Corn organic	Orange lentils
Almonds	Corn tortillas organic	Pasta (spelt rice kamut artichoke)
Amaranth	Crêpes buckwheat Ø wheat	Pasta whole grain Ø wheat
Anasazi beans	Dal	Peas
Anutra (chia grain)	Dasheen araimo (Japanese taro)	Pinto bean
Arrowroot	Dinkel	Polenta organic caution aflatoxin
Artichoke flour	Einkorn (spelt)	Popcorn Ø salt organic caution aflatoxin
Baps spelt	Emmer (farro)	Potato sweet
Barley	English peas	Potato jewel
Bean flour	Farro	Potato Okinawan
Bean sprouts	Fava beans	Pumpkin seed
Bean thread vermicelli	Flageolets	Quinoa
Beans all, soaked	Forbidden rice	Ramón seed
Besan flour	GABA rice	Red bean
Black bean	Gabi taro	Red lentils
Black eyed peas	Garbanzo beans	Red rice (not yeast) caution arsenic
Black lentils	Garbanzo flour	Rice crackers Ø wheat flax sugar yeast a
Black rice	Grains whole except wheat	Rye
Black turtle beans	Gram flour	Rye bread Ø wheat yeast
Brazil nuts caution arsenic	Great northern bean	Rye crackers Ø wheat yeast
Bread Ø wheat yeast	Green brown lentils	Rye crisps Ø wheat yeast
Broad beans	Grits organic Ø GMO	Sago root tapioca
Brown lentils	Groats	Soba noodles Ø wheat
Brown rice caution arsenic	Hazelnut	Spelt
Brown rice noodles caution arsenic	Hempseed butter	Spelt bread Ø yeast
Buckwheat	Hempseed	Spelt cracker Ø wheat yeast
Buckwheat noodles	Injera	Spelt pasta
Butter beans	Kamut	Spelt stuffing Ø wheat
Cannellini beans	Kidney beans	Stuffing Ø wheat
Carob	Lentils	Sunchoke flour

USEFUL GRAINS PKD/PLD

Cashews	Lima beans butter beans	Tapioca
Cassava, manioc, yuca root, tapioca	Long bean threads	Taro root
Cellophane noodles	Lung kow noodles	Teff
Chana flour	Lotus root	Ube
Chestnut	Lungkow vermicelli	Vermicelli clear
Chia	Manihot esculenta (cassava)	White beans
Chickpea	Marrow beans	White yam
Chickpea flour	Masa maize organic	Whole grans organic (Ø wheat)
Clear noodles	Mochi brown rice	Wild rice
Coconut flour	Mung bean noodles	Yams
Coffee alternatives	Mung beans	Yuca
Colocasia esculenta (taro)	Navy beans	
Corn bread organic Ø wheat sugar GMO	Northern beans	

TO FIND MORE INFORMATION GO TO [FOODS](#) [HERBS](#) [OTC](#)
CHOOSE THE ITEM FROM THE LEFT PULDDOWN MENU