

African Bio-Mineral Balance Food List

VEGETABLES

Amaranth greens-same as Callaloo, a variety of greens
Wild Arugula
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Izote-cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Nopal-Mexican Cactus
Okra
Olives
Onions
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Squash
Tomato-cherry and plum only
Tomatillo
Turnip greens
Zucchini
Watercress
Purslane (Verdolaga)

GRAINS

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

FRUITS

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

SPICES

Basil
Bay leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme

ALL NATURAL HERBAL TEAS

Burdock
Chamomile
Cuachalalate
Elderberry
Fennel
Flor de Manita
Ginger
Gordo Lobo
Muicle
Raspberry
Tila

NUTS & SEEDS

Hempseed
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Brazil Nuts

PUNGENT & SPICY FLAVORS

Achiote
Cayenne/African Bird Pepper
Onion Powder
Habanero
Sage

SALTY FLAVORS

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulse/Nori-has "sea taste")

SWEET FLAVORS

Pure Agave Syrup-(from cactus)
Date Sugar

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hemp Seed Oil
Avocado Oil