


Healthier Living 4 You Alkaline/Acidic Food Chart

Alkaline Foods		Acid Foods	
<p>Healthier Living 4 You Quick Tips: Try to eat foods that are grown in the earth, natural foods. These foods are what our bodies were made to eat. Doing this will help keep your body more healthy! Try to consume 80% Alkaline foods and 20% Acid foods.</p>		<p>Healthier Living 4 You Quick Tips: Do not eat at fast food restaurants; stay clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. A lot of man-made food is highly acidic and not full of any good minerals or vitamins.</p>	
<p>Vegetables</p> <p>Asparagus Beets Cucumber Artichokes Cabbage Lettuce Onion Cauliflower Radish Kohlrabi Swede Yams Lettuce Peas Courgette Red Cabbage Leeks Watercress Watermelon Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Broccoli Kale Brussels Sprouts</p>  <p>www.healthierliving4you.com</p>	<p>Fruits</p> <p>Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb Bananas Peaches Pears Oranges</p>	<p>Meats</p> <p>Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon)</p>	<p>Dairy Products</p> <p>Milk Eggs Cheese Cream Yogurt Ice Cream</p>
	<p>Drinks</p> <p>'Green Drinks' Fresh vegetable juice Pure water (Alkaline Ionized Water) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Non-sweetened Soy Milk Almond Milk</p>	<p>Fats & Oils</p> <p>Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil</p>	<p>Liquid</p> <p>Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea</p>
	<p>Seeds, Nuts & Grains</p> <p>Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed</p>	<p>Quick Foods</p> <p>Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food</p>	<p>Others</p> <p>Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey</p>
<p>Fats & Oils</p> <p>Flax Hemp Avocado Olive Evening Primrose Borage Oil Blends (such as Udor Choice)</p>	<p>Others</p> <p>Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli, etc.) Bragg Liquid Aminos (Soy Sauce Alternative) Hommous Tahnini Apple Cider Vinegar</p>	<p>Fruits</p> <p>All fruits aside from those listed in the alkaline column.</p>	<p>Seeds & Nuts</p> <p>Peanuts Cashew Nuts Pistachio Nuts</p>