## Alkaline Foods

**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.

### Vegetables
- 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
- Sprouts

### Fruits
- Lemon
- Lime
- Avocado
- Tomato
- Grapefruit
- Watermelon (is neutral)
- Rhubarb
- Bananas
- Peaches
- Pears
- Oranges

### Drinks
- ‘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

### Seeds, Nuts & Grains
- Almonds
- Pumpkin
- Sunflower
- Sesame
- Flax
- Buckwheat
- Groat
- Spelt
- Lentils
- Cumin Seeds
- Any sprouted seed

### Fats & Oils
- Flax
- Hemp
- Avocado
- Olive
- Evening Primrose
- Borage
- Oil Blends (such as Udos Choice)
- Bragg Liquid Aminos (Soy Sauce Alternative)
- Tahini
- Apple Cider Vinegar

## Acid Foods

**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.

### Meats
- Pork
- Lamb
- Beef
- Chicken
- Turkey
- Crustaceans
- Other Seafood (apart from occasional oily fish such as salmon)

### Dairy Products
- Milk
- Eggs
- Cheese
- Cream
- Yogurt
- Ice Cream

### Fats & Oils
- Saturated Fats
- Hydrogenated Oils
- Margarine (worse than Butter)
- Corn Oil
- Vegetable Oil
- Sunflower Oil

### Quick Foods
- Sweets
- Chocolate
- Microwave Meals
- Tinned Foods
- Powdered Soups
- Instant Meals
- Fast Food

### Others
- Vinegar
- White Pasta
- White Bread
- Wholemeal Bread
- Biscuits
- Soy Sauce
- Tamari
- Condiments (Tomato Sauce, Mayonnaise etc.)
- Artificial Sweeteners
- Honey

### Fruits
- All fruits aside from those listed in the alkaline column.

### Seeds & Nuts
- Peanuts
- Cashew Nuts
- Pistachio Nuts