



BONUS!



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ACID-ALKALINE CHART

RECOMMENDED ALKALINE FORMING FOODS	RECOMMENDED ACID FORMING FOODS	NOT RECOMMENDED ACID FORMING FOODS	
<p>SPROUTS: Small Seeds, Beans + most Grains</p>	<p>FRUITS (Most are alkaline forming except: Blueberries, Cranberries, Plums & Prunes</p>	<p>LARGE GRAINS: Barley, Rice (Basmati, Brown & White) Oats & Wheat (slightly acid)</p>	
<p>LEAFY + ROOT VEGETABLES</p>	<p>GRAINS (Soaked): Buckwheat (Slightly Acid), Rye</p>	<p>REFINED SUGAR: Candy & Sodas too</p>	
<p>VINE RIPENED FRUITS + VEGETABLES: Cucumbers, squash, tomatoes, bell peppers etc.</p>	<p>DRY BEANS (Soaked)</p>	<p>SALT</p>	
<p>SEA VEGETABLES - Dulse, Nori, Wakame</p>	<p>NUTS (Soaked): Hazelnuts, Pecans & Walnuts</p>	<p>ALCOHOL</p>	
<p>FRESH FOOD HERBS</p>	<p>SEEDS (Soaked): Pumpkin & Sunflower</p>	<p>COFFEE</p>	
<p>CAYENNE PEPPER</p>	<p>AGAVE</p>	<p>WHEAT FLOUR</p>	
<p>GARLIC & ONIONS</p>	<p>BROWN RICE SYRUP</p>	<p>VINEGAR</p>	
<p>TREE - RIPENED FRUITS</p>	<p>DATES</p>	<p>REFINED CONDIMENTS: Ketchup, Mustard, Mayonaise, etc.</p>	
<p>SMALL GRAINS: Amaranth, millet, quinoa, teff, etc.</p>	<p>THE BODY NEEDS A BALANCE OF ALKALINE + ACID FORMING FOODS</p>	<p>DAIRY PRODUCTS</p>	
<p>FRESH BEANS</p>		<p>CHOCOLATE</p>	
<p>FRESH SWEET CORN</p>		<p>HYDROGENATED OILS</p>	
<p>SESAME SEEDS: Soaked</p>		<p>ANIMAL PROTEINS</p>	
<p>NUTS: Soaked (most nuts are acid - forming except: Almonds, Frsh Coconut (W/ Jelly) & Pine Nuts</p>		<p>80-20 RULE: Eat 80% From Alkaline Forming Food Lists Eat 20% From Acid Forming Food Lists</p>	<p>NON FOOD ITEMS:</p>
<p>FRESH SQUEEZED GREEN VEGETABLE JUICES</p>			<p>Stress</p>
<p>COLD PRESSED OILS</p>			<p>Anger, Anxiety & Worry</p>
<p>NON FOOD ITEMS: Laughter Meditation & Breathing Exercises Self Esteem</p>			<p>Medication</p>
			<p>Tobacco</p>
			<p>Lack of Sleep Dehydration Lack of Exercise Lack of Oxygen</p>

