

Bio Energy Academy of Dublin

Bio Energy Academy (Food) Intolerance List

Acidic Foods

Acidic

Meats

Pork, Sausages, Pudding, Ham, Rashers,
Pork **Lean pork only no fat from the pig**

Lamb

Beef

Chicken (free range/organic)

Turkey

Duck

Crustaceans, Prawns, Shell fish

Other Seafood (apart from occasional)

Oily fish (such as salmon)

Dairy Products (fresh / fermented)

Milk

cheese

Cream

Yogurt (Greek yoghurt)

Ice Cream

Butter

Lactose

Grasses / Grains

Wheat, Oats, Barley, Corn

Pasta

Cornflakes, Popcorn etc.

Biscuits (wheat)

Multigrain/wholemeal/spelt/honey

bread

Gluten / Yeast

Rice (white, brown, rice cakes (salted
etc.))

Condiments

Tomatoe sauce, mayonnaise, mustard,
spices, herbs, Soy (sauce)

Artificial sweeteners

Honey

Sugar

Alkaline Foods

Alkaline

Vegetables

Green Beans

Artichoke

Green Cabbage/Red Cabbage

Lettuce

Kale

Cauliflower

Brussel Sprouts

Broccoli

Garlic

Courgette

Spinach

Watercress/Chives

Fungals

Mushrooms / Tomatoes (organic &
org cherry, skins off)

Nightshade Vegetables (white

potatoes, tomatoes, eggplant, bell
peppers, cayenne pepper, paprika,
egg plant, goji berries, tobacco

Eggs (battery, free range, organic)

Root Vegetables

Onion/Leeks

Parsnips

Carrots

Turnips

Potatoes

Legumes

Beans

Peas

Lentils

Alkaline Fuits

Red Apples

Pineapple

Kiwi

Pear

Strawberries

Watermelon (neutral)

Cranberries

Blackberries

Bananas

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Acidic Foods

Drinks

Fizzy Drinks
Coffee/Tea/Herbal Tea/Caffeine
Beers/Spirits/
Red Wine/White Wine/Pino Grigio

Alkaline Foods

'Drinks

Green Drinks
Fresh Vegetable Juice
Fresh Vegetable Broth/Soup

Tyramine (naturally occurring trace amine derived from the amino acid tyrosine. Foods, meats, beverages. Fermented, cured, pickled, aged, or spoiled have high amounts of tyramine.

Fruit Juice / Dairy Smoothies
Salt / Sea Salt / Himalayan
Sweets
Chocolate Milk / Dark
Microwave Food
Tinned Food

Pure Water (distilled or ionized) 1.75 liters day
Lemon Water
Evian/Aldi/Lidl Tesco bottled water
Non Sweetened Soy Milk
Almond Milk
Coconut Milk

Powdered Soups
Instant Meals
Fast food

Seeds, Nuts (**Proteins**)

Almonds	Walnuts
Pumpkin	Hazelnuts
Sunflower	Pistachio
Sesame	Peanuts dry / salted
Brazil nuts	Pine nuts

Acid fruit

Green Apples
Oranges
Lemons
Limes
Grapes

If Acid level is too high, Alkaline fruit listed on previous page should be eaten between meals

Plums
Grapefruit
Gooseberries
Blackcurrant
Rhubarb
Avocado
Raspberries

Water sipped at meals and drink between meals.
At least 1.75 liters a day, check water level

Mould / Pet hair /

Acid level is
Alkaline level is

Ph balance is 5.5
Eat more Alkaline vegetables.