

# Bio Energy Academy of Dublin

## Food / Intolerance List

### Acidic Foods

#### Acidic

#### Meats

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

Chicken (free range / organic)

Duck, Turkey

Lamb, Ostrich, Ox

Partridge, Quail, Rabbit

Veal, Venison, Wild Boar

#### Fish

Fish / Crustaceans, Shellfish

Other Seafood (apart from occasional)

Oily fish (such as salmon)

Anchovy, Bass, Carp

Caviar, Clam, Cockle

Cod, Crab, Cuttlefish

Eel, Haddock, Hake

Herring, Lobster, Mackerel

Monkfish, Mussel, Octopus

Oyster, Perch, Pike

Plaice, Salmon, Sardine

Scallop, Sea Bream (Gilthead)

Shrimp/Prawn, Sole, Squid

Swordfish, Trout

#### Grasses / Grains

Wheat, Oats, Barley, Corn, Rye

Cornflakes, Popcorn etc.

Pasta

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

Amaranth, Buckwheat,

Couscous, Durum Wheat

Gluten, Yeast (baker's/brewers)

Malt, Millet

Rice (brown, white)

Spelt, Tapioca

### Alkaline Foods

#### Alkaline

#### Vegetables

Green Beans

Artichoke

Green Cabbage/Red Cabbage

Lettuce

Kale

Cauliflower

Brussel Sprouts

Broccoli

Garlic

Courgette

Spinach

Watercress/Chives

#### Dairy Products (fresh / fermented)

Fresh / Fermented

Alpha-Lactalbumin

Beta-Lactoglobulin

Casein

Egg White

Egg Yolk

Milk (Buffalo)

Milk (Cow)

Milk (Goat)

Milk (Sheep)

Cheese

Cream

Yogurt (Greek yoghurt)

Ice Cream

Butter

#### Lactose tolerant / intolerant

Eggs (battery, free range, organic)

### Root Vegetables

Onion/Leeks

Parsnips

Carrots

Turnips

Potatoes

### Legumes

Beans

Peas

Lentils

### Fungals

#### Mushrooms / Tomatoes

(organic & org cherry, skins  
off)

#### Nightshade Vegetables

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

#### Condiments & other

Tomatoe sauce,

mayonnaise, mustard, Soy  
(sauce)

Artificial sweeteners, Honey,

Sugar / Cane Sugar, Carob,

Chestnut / Salt / Sea Salt /

Himalayan

# Bio Energy Academy of Dublin

## Food / Intolerance List

### Acid fruit

Green Apples  
Oranges  
Lemons  
Limes  
Grapes  
Plums  
Grapefruit  
Gooseberries  
Blackcurrant  
Rhubarb  
Avocado  
Raspberries

### Alkaline Fruits

Red Apples  
Pineapple  
Kiwi  
Pear  
Strawberries  
Watermelon (neutral)  
Cranberries  
Blackberries

### Bananas

### Drinks

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

### 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.

### Drinks

Green Drinks  
Fresh Vegetable Juice  
Fresh Vegetable Broth/Soup  
Pure Water (distilled or ionized) 1.75 liters day  
Fruit Juice / Dairy Smoothies  
Lemon Water  
Bottled water (Source?)  
Soy Milk Sweetened/Non-Sweetened  
Almond Milk  
Coconut Milk

### Seeds and Nuts (Proteins)

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

### Herbs and Spices

Aniseed, Basil, Bayleaf  
Camomile, Cayenne  
Chilli (Red), Cinnamon  
Clove, Coriander (Leaf)  
Cumin, Curry (Mixed Spices)  
Dill, Garlic, Ginger  
Ginkgo, Ginseng, Hops  
Liquorice, Marjoram  
Mint, Mustard Seed  
Nettle, Nutmeg, Parsley  
Peppercorn (Black/White)  
Peppermint, Rosemary  
Saffron, Sage, Tarragon  
Thyme, Vanilla

### Sweets

Chocolate Milk / Dark  
Microwave Food / Tinned Food  
Powdered Soups / Instant Meals  
Fast food

**Pollens:** Grass - Shrubs & Trees cuttings  
Dust mite

### Furs / hair feathers / skin

**shedding:** Dog - Cat - Fur - Horse Hair, Wool, Other

**Candida:** Yeast Bread - Soy Sauce - Vegemite - Sucrose/Sugar - (Cheese - Milk) - Mushrooms - Beer/wine

### Industrial by-products:

Hydrocarbons - Metabisulphite - Cfc's - Chlorine - Cadmium, Lead, Aluminium, Mercury

**Dyes-Food and clothing:** Red - Blue - Green - Black - Yellow AZO dyes.

**Other:** Sodium Laurel Sulphate - Dioxin - Fluoride - Sugar - Bacteria - MSG - Mould

At least 1.75 liters a day, check water level & type of water

Water sipped at meals and drink between meals.

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

Acid level is Ph Balance 5.5

If Alkaline level is low - eat more Alkaline vegetables.