

HEALTH SECRETS

List of High Acid Foods and Drinks

All processed foods
Refined sugar and other sugars
(Dextrose, Fructose, Galactose, Glucose, Lactose, Maltose,
Sucrose, High Fructose Corn Syrup, Rice Syrup, Maple Syrup,
Processed Honey, Molasses)
Artificial sweeteners
Freeze dried coffee
Alcohol
Concentrated fruit juices
Vinegar

If you can, avoid all meat apart from grass fed organic beef and
lamb. Low mercury fish is fine!

There are over 50 forms of sugars added to processed foods! You can find a handy
reference to these at avocadoninja.co.uk/sugars