

Alkaline (green) et acid (yellow) 18.03.2018 - **Diet NO but Lifestyle YES**

1 Coffee Spoon = CS= 5 gr ; 1 Soup spoon domed = SS = 10 gr

Calories indicated by 100gr or other unit indicated

Daily needs : 1200 calories /day or more depends your activity) instead of 1800 or 2500 calories/day

Daily needs : Carbohydrate (glucides) = 300 gr /day of glucose (sugar) and glycogen (starch, fibers) by 1800 cal/day and 400 gr by 2500 cal/day

Daily needs : Lipids = 60 gr /day of fat materials (energy) by 1800 cal/day et 83 gr pour 2500 cal/day

Daily needs : protein = 80 gr de essential amino acids =

- 1) structural function brings together everything concerning the composition of tissues
- 2) metabolic function concerns all the chemical reactions essential to the proper functioning of the body (hormones, immune defense, etc.) by 1800 cal/day

Cholesterol per day max : 2 g /l. + HDL = good Cholesterol (lipoprotein high density) + LDL = bad chol.

Açai berries (too expensive) 150 (antioxydant)

Algae 50 (fibers, vit A, B2,5,9, C, K, Calcium, Copper, Iron, Magnesium, Phosphorus, Zinc)

Almond milk 50 (Potassium, Calcium, Phosphorus, Magnesium, Iron)

Almonds 630 (laxative, 31 gr protein, 53 gr lipids, 1 gr carbohydrates, 15 mg vit E 120%, 1 mg vit B2 65%, 93 ug vit B9 43%, 670 mg Potassium 33%, 416 mg Phosphorus 60%, 248 mg Calcium 31%, 230mg Magnesium 62%, 1.1 mg Copper 107%, 2.3 mg Manganese 120%, 3 mg Iron 20%, 3.3 mg Zinc 33%)

Aloe Vera (laxative)

Apple (acids) 50 /pièce (fat burning, 19gr carbohydrates, soulage l'asthme, antioxydant, vit C, K, Manganese)

Apple (Sweet mashed) 80

Apricot 50 /3 piece (vit A) improves the skin

Apricot dried 270 (laxative, 3 gr protein, 53 gr carbohydrates. 1 gr lipids, 1 gr Potassium (55%), 61 mg Calcium, 68 mg Phosphorus, 39 mg Sodium, 36 mg Magnesium, 4 mg Iron, 0.3 mg Copper, 4 mg vit E, 3 mg vit B3, vit B6, vit B9,

Artichoke 115 (Copper, vit B9,K, Iron, Magnesium, Manganese) antioxydant, drainage, activates the liver, rich in prebiotics

Asparagus 60 (détox liver, 2.3 gr protein, 4 gr carbohy, 0.2 gr lipids, 2 gr fibers, vit B9,1, K, A, Iron) tired, liver, kidneys, bad for gout

Aspartame 0 (sweetener without any vit.)

Avocado 170 per half-avocado (detox le foie, lipids, fibers, vit A, B1,2,3,5,6, C, E, Magnesium) , FR= Avocat

Bacon 170 ou 40/slice , FR= Lard grillé

Bacon 40 /slice

Bamboo shoot 20 (Potassium to balance the pH and facilitate digestion) , FR= Pousses de Bambou

Banana 90 (detox liver, riche en prébiotiques, 1gr protein, 27gr carbohydrates, 0.5 gr lipids, vit B5, 6, Magnesium, Potassium)
Warning : high glycemic index

Basil 5 intestinal cramps, flatulence

Basswood sapwood = drainage, infusion reduces nervousness , FR= Aubier de tilleul

Beans (green) 30 (laxative, Magnesium, Iron, Manganese, vit B2, Folate, vit C, K)

Beans (red) 90

Beans (White) 120 (Iron, Manganese, Copper, Folate)

Beans and legumes 120

Beef 200 (32gr protein, 12gr lipids, 81mg Cholesterol, Phospore, Iron, Zinc, Copper, vit B2,3,5,6,12, A, Manganese)

Beef (cut) 160

Beef (Dried meat from Graubünden) 150 ou 17 /slice (31gr protein, 3gr carbohydrates, 2gr lipids,

Beef (Minced) 170

Beef (stew) 200

Beef Carpaccio 280

Beef Grounded 220

Beef & Porc (meatballs) 180

Beef steak 150 (32gr protein, 12gr lipids, 81mg Cholesterol, Phospore, Iron, Zinc, Copper, vit B2,3,5,6,12, A, Manganese)

Beef steak (minced) 125

Beef Tartar 300

Beer Aperitif 100 (vit B6, 12, Silicium (good for bone density)

Beer Duvel 33cl 175

Beer Grimbergen 33cl 180

Beer Guinness 500ml 150

Beer Leffe 33cl 200

Beet 45 (détox liver, fat burning, vit B6, 9, C) against tiredness , FR= Betterave

Bergamot = influenza

Bette 20 (vit A, Calcium, Potassium)

Biscuit big cook 200

Black beans 370 (21gr protein, 48gr carbohydrates, Potassium, Phosphorus, Magnesium, Calcium)

Black or white pudding 260 (15gr protein, 20gr de lipids, 2gr de carbohydrates, 23mg Iron) , FR= Boudin noir ou blanc

Blackberry (antioxydant, 10gr carbohydrates, vit C, B9, B2, E) , FR= Mûre

Blackcurrant 60 (vit C, 1 cup contains three times more vit C than a small orange, Potas, Pectine) , FR= Cassis

Blueberry 50 (antioxydant, vit C, E, Potassium) , FR= Myrtille

Boar 160 (28gr protein, 4gr lipids, vit B6, B12, B1, B3, Zinc, Potassium, Phosphorus) , FR= Sanglier
 Bounty Bar 250
 Bounty mini bar 130
 Bran 220 (laxative, 64gr carbohydrates, 17gr protein, 4gr lipids, 42gr fibers, Potassium, Sodium) , FR= Son de blé
 Bread (milk) 120 /pièce
 Bread (white) 260 or 86 /slice (50gr carbohydrates, 9gr protein, 3gr lipids, Sodium, Potassium, Phosphorus)
 Bread (Whole wheat) 260 or 90 /slice (50gr carbohydrates, 10gr protein, B3, B6, B9, B1, Manganese, Sodium, Iron)
 Bread French baguette 270
 Bretzel 240
 Broccoli 25 (fat burning, detox liver, Potassium, Calcium, Phosphorus, Magnesium, vit C, K, B9)
 Brussels sprouts 40 (fat burning, detox liver, vit K, Iron, Manganese, B1,B6) , FR= Choux de Bruxelles
 Buckwheat 350 (fort en acides aminés essentiels, 470mg Magnesium, 70gr carbohydrates, 15gr protein, Copper) FR= Sarrasin
 Butter 760 (84gr lipids. vit A, D, E)
 Cabbage frieze 30 (vit A, C, E, Calcium, Potassium) , FR= Chou frisé
 Cabbage leaf rosette - Kalé 50
 Cabbage Red or green 30 (laxative, vit K, Iron, Manganese) , FR= Chou rouge ou vert
 Cacao 230 (antioxydant, PRAL basique -10 , 19gr protein, 58gr carbohydrates, 14gr lipids)
 Cake (Cream) 210 /slice
 Cake (Fluffy choco) 460
 Cake Black Forest 450 /slice
 Cake Grape snail 280
 Calvados 4cl 100
 Caper 30 (Potassium, Calcium, Magnesium, vitA, K, C) , FR= Câpre
 Caramel Cream 400 or 40/pce
 Cardon 13
 Carott 30 (detox liver, vit A, B9, B6, K)
 Cashews (salted) 630
 Cauliflower 20 (detox liver, vit C, B5,6,9, K) , FR= Chou-fleur
 Celery branch or apple 20 (vit K, B6, C) fat burning, tiredness laryngitis, angina in gargle: mixed with lemon
 Chamomile relieves miSeeds, headaches, difficult digestion and nausea + calm stomach cramps
 Chard 20 (Potassium, Sodium, vit A, K, Iron, Magnesium, Copper, Manganese, B2, B6, C, E, Calcium, Potassium) FR= Blettes
 Cheese Bleu de Bresse 350
 Cheese Bowl Malakoff 730 /pce
 Cheese Brie de Meaux 330 (19gr protein,28gr lipids,20mg Cholesterol,Sodium,calcium,Phosphorus,Potassium,vit B12,B2,B9,B6)
 Cheese Camembert 280
 Cheese cottage sans gras 80
 Cheese Emmental 370
 Cheese Epi d'Or 255 ou 55 /slice
 Cheese Epoisse 280 (24 gr lipids, 17 gr protein, 1 gr carbohydrates, 420 mg Sodium, 70 mg Potassium)
 Cheese Fondue 380 (31 gr lipids, 26 gr protein, 0.5 gr carbohydrates)
 Cheese Fourme d'Ambert Roquefort 350 (19 gr protein, 28 gr lipids, 4 gr carbohydrates, 104 mg Phosphorus 150%,
 920 mg Sodium 115%, 440 mg Calcium 55%, 4 mg Zinc 34%, 27 ug Iode 20%)
 Cheese Gorgonzola 360 (31 gr lipids, 19 gr protein, 0,1 gr carbohydrates, vit B12, A, B5, B9)
 Cheese Gouda Light 260 ou 80 /slice
 Cheese Leerdammer Light 270 ou 70 /slice
 Cheese Mascarpone 380 (36 gr lipids, 12 gr protein, 2 gr carbohydrates, 90 mg Cholesterol, Calcium, Sodium, vit A, C)
 Cheese Mozzarella 280 (27gr protein,1gr lipids,3gr carbohydrates, Calcium, Phosphorus, Potassium, Magnesium, Sodium, Zinc,A,B)
 Cheese Mozzarella Light 160
 Cheese Parmesan 440 (detox liver, 38gr protein, 31gr lipids, vit B12, A, B2, 1200 mg Calcium 150%, 1090 mg Sodium 136%,
 810 mg Phosphorus116%, 80 ug Iode54%, 5 mg Zinc53%, 0.3 mg Copper33%)
 Cheese Petit suisse 140 (10gr protein, 9gr lipids, 3gr carbohydrates, Phosphorus, Sodium, Magnesium, B12, B2)
 Cheese Philadelphia light 150
 Cheese raclette 370
 Cheese Roquefort 360 (31 gr lipids,18 gr protein, 0 carbohydrates,1600 mg Sodium,600 mg Calcium,445 mg Phosphorus,Potassium)
 Cheese Schabziger 140 (33 gr protein, 0 lipids, 0 carbohydrates)
 Cheese Tomme 360 (30gr lipids, 22gr protein, vit A, B9, E, Sodium, Calcium, Phosphorus, Zinc)
 Cheese Tomme Light 200 (26gr protein, 10gr lipids,
 Cheese Vacherin Mont d'Or 290 (24gr lipids, 17gr protein, Calcium)
 CheeseGruy ère 400 (33 gr lipids, 27 gr protein, 1.4 gr carbohydrates, 1020 mg Calcium 128%, 600 mg Phosphorus 87%,
 360 mg Sodium 45%, 5 mg Zinc 43%, vit B12, A, B2, B6)
 Cheeses blancs 40 à 80
 Cheeses de brebis 400
 Cheeses de chèvre frais 210 (13gr protein, 16gr lipids, vit B2, B9)

Cheeses frais de vache 190 (15gr protein, 13gr lipids, vit B2, B9, A, Potassium, Phosphorus)

Cherry (fait maigrir) , FR= Griotte

Cherry 60 (vit E, A, C, Copper, Iron, Potassium)

Chestnut 170 ou 20 /pce (36gr carbohydrates, Potassium, Amidon, Manganese, Copper) , FR= Marron

Chestnut 170 ou 20 /pce (36gr carbohydrates, Potassium, Amidon, Manganese, Copper) , FR= Chataigne

Chicken (Half with skin) 700

Chicken (Lean breast) 110 (26gr protein, 2gr lipids, Phosphorus, Potassium, Magnesium, Calcium, vit C, B3)

Chicken (minced with curry) 125

Chicken (Sliced) 100

Chicken (thigh and skin) 230

Chicken (white) 120 (26gr protein, 2gr lipids, Phosphorus, Potassium, Magnesium, Calcium, vit C)

Chicken or turkey escalope 100

Chickpeas 160 (laxative : fibers, amidon, 30gr carbohydrates, 10gr protein, Manganese, Copper, Folate, Phosphorus)

Chicory (rich in prebiotics, good bacteria fibers in the intestinal flora) 59 gr carbohydrates, 4 gr protein, 0,1 gr lipids, 63% de vit B3, 20% de vit B6, 40% de Iron, 32% de Phosphorus, 20% de Sodium, 17% de Magnesium) , FR= Chicorée

Chive 1 (detox liver, antioxydant, vit K) , FR= Ciboulette

Choco 560

Chocolate 520 (12gr protein, 27gr carbohydrates, 45gr lipids, Iron, vit. A, B, B2, PP et E, Phosphorus, Magnesium, Iron, Zinc, Copper)

Chocolate éclair 260

Chocolate not sweet (380mg Magnes,12gr protein,27gr carbohydrates,45gr lipids,17mg Iron, A,B, B2,PP,E, Phosph,Iron,Zinc,Copper)

Chocolate praliné 50 /pce

Cinnamon 6 (fat burning, antioxydant, fibers, Manganese, Iron) , FR= Cannelle

Clams 60 (Calcium, 15mg Iron, 11gr protein, vit B12) , FR= Palourdes

Clementine 35 /pièce (vit A, B1,2,3,)

Clove relieves toothache, dental pain, gingivitis, canker sores (rubbing essential oil)

Coca 25cl 100

Coca light 0 (caféine, huiles essentielles)

Coffee powder 2 (360mg Magnesium, vit E, B3, Caféine, Copper)

Cognac, Campari, Gin, Rhum 4cl 230

Corn (fresh) 80 (fat burning, 20gr carbohydrates, pas beaucoup de plusieurs composants et vitamines !)

Corn EBLY 340 , FR= Blé en grains

Cornflakes 400

Cornflower 50 (antioxydant, vit C, E, Potassium) , FR= Bleuet

Crab 80 (18gr protein, Zinc, Selenium, Copper, B12, Phosphorus, Magnesium, Iron, B2, B3, Iode) , FR= Crabe

Cranberry 20 (soulage les reins, vit E, Flavonoïdes (antioxydant), Resvératrol, Acide ursolique) , FR= Canneberge

Cream 330 (graisses, vit C, D)

Cream ice-cream 180 for 125ml

Cream light 170

Cream Lightened thick 170

Cream vanilla 130

Croissant butter 240 /pièce de 45gr , FR= Croissant au beurre

Croissant Ham 300

Croque-Monsieur 300

Croquette at cheese 430

Croquette at shrimps 170

Cucumber 15 (antioxydant, Copper, vit K) against tiredness

Cumin promotes digestion

Curcuma (fat burning, detox liver, relieves osteoarthritis, arthritis, inflammation)

Curry (cari) 340 (carbohydrates, protein, vit E, B6)

Cynar 100

Dates (dried) (laxative)

Dates 300 (fat burning, fibers, carbohydrates, antioxydant)

Delicatessen 450 (protein, lipids) , FR= Charcuterie

Duck 240 (acids gras monoinsaturés, Phosphorus, Iron, Zinc, Copper, Selenium, vit B2, 3, acide pantothénique) , FR= Canard

Egg (boiled) , cru ou dur 70 /pce , FR= Œuf à la coque

Egg (fried) 200 (16gr lipids, 13gr protein, B12, B9, B2, E, A) , FR= Œuf au plat

Egg (White) 46 (10gr protein, vit B2, B9)

Egg (yellow) 340 (30 gr lipids, 16 gr protein, 1 gr carbohydrates, 244 ug vit B9 120%, 2.4 ug vit B12 100%, 4.5 mg vit B5 76%, 2 ug vit D 40%, 5 mg vit E 40%, 260 ug vit A 33%, vit B2 28%, 76 ug Selenium 140%, 192 ug Iode 130%)

Egg white 50 (10gr protein, vit B2)

Eggplant 20 (vit A, B1,2,3,5,6, C, Calcium, Magnés) FR= aubergine

Elderberry (dried flowers in infusion = colds, bronchitis, flu) , FR= Sureau

Endive 10 (fat burning, vit A, B9, K, Copper, B5, C, B1, Manganese) , FR= endives

Eucalyptus oil for inhalation or herbal tea against cooling

Fennel 16 (improves bone density, help digestion, Potassium, B9, Sodium) , FR= fenouil

Fig 70 ou 1 fruit = 40 (favorise la digestion) , FR= figue

Fig (Dried) 75 (laxative)

Filberts 600 (noisettes)* lipids, Calcium, Potassium , FR= Avelines

Fish (all white) environ 100 (18gr protein, 4gr carbohydrates, 7gr lipids, Sodium, Potassium, Phosphorus, Magnesium, peu de vit.)

Fish Cod, Colin, Hake 100 (22gr protein, Selenium, Iodine, B12, Phosphorus, B3, B6, Magnesium, vit D) , FR= Cabillaud, Colin, Merlu

Fish Eel 230 , FR= anguille

Fish Haddock, Carrelet, Pangasius fish 80 , FR= aiglefin, carrelet, pangasius

Fish Halibut (Smoked) 150 , FR= Flétan

Fish Smoked herring 140 (16 gr protein, 8 gr lipids, 0 carbohydrates, vit B12 470%, vit D 440%, 1600 mg Sodium 200%, Selenium 50%)

Fish Sole 70 , FR= Sole

Flemish stew 230 , FR= Carbonnade flamande

Flour (Hemp seed) 400 , FR= farine de Seeds de chanvre

Flour (White) 340 , FR= Farine blanche

Flour (Wholemeal) 370 , FR= farine complète

Flutes aperitif 480 ou 100 /3 pces

Fragrant Verbena in infusion = helps digestion and sleep disorders

Frieds 400

Frog legs 70

Fruits 50

Fruits dried 180 à 320

Fruits tropical

Game meat 160 (Cholesterol, protein) , FR= Gibier

Garlic (detox the liver, vit A, B6, C, E, K) blood circulation, digestion, respiratory tracts - inhalation, rich in prebiotics,

Gaspacho 100

Gelatin in leaves 350 (88 gr protein, 0 carbohydrates, 0 lipids, 265 mg Calcium, 200 mg Sodium, 2 mg Iron)

Gentian: facilitates digestion into drops of mother tincture after meals , FR= Gentiane

GIBLETS 200 (vit. 6, 9, 12, Iron) , FR= Abats

Gingembre 20 (vit E, anti-diabète2, Iron, Manganese, Copper)soulage miSeeds et maux de tête,contre rhume en tisane avec miel

Ginseng (stimule sys. immunitaire, anti-diabète2, Manganese, Copper)

Goose without skin 240 (29gr protein, 13gr lipids, 96mg Cholesterol, Phosphorus, Iron, Zinc,Copper,B2,B3,Acide Pantothénique)

Gooseberry 55 (Potassium, vit C, antioxydant, Pectine) , FR= Groseille

Grapefruit 40 (alcalinisant) (detox liver, 10gr carbohydrates, vit C, A, B5, Copper)

Grapes (dried) 300 (laxative, Potassium, Phosphorus, Calcium, Magnesium, vit C, B6, B2) , Raisins secs

Grapes 70 (Manganese, Copper, vit B1, B2, B6, C, Iron, Potassium, Phosphorus) , FR= Raisin

Green alfalfa leaf 5 , FR= Feuille de luzerne verte

Green peas 60 (12gr carbohydrates, Potassium, Phosphorus, vit C, K) , FR= Pois verts

Grenade 60 (vit B5, 6, C, Copper)

Guava 68 (vit C, A, Potassium) , FR= Goyave

Ham (cooked white) 120 ou 40 /slice (18gr protein, 5gr lipids, 1gr carbohydrates, vit B1, B3, B12, B2)

Ham (Parme) 200

Ham (Pata Negra) 240

Ham (San Daniele) 260

Ham (with cooked bone) 150 (21gr protein, 7gr lipids)

Hamburger (Beef) 260

Hamburger Big Mac 500

Hazelnut 660 (54gr lipids, 12gr protein, fort antioxydant indice TAC = 8'680, Manganese, Copper, vit E, Iron, B1) FR= Noisette

Heather = makes you lose weight FR= Bruyere

Honey 340 (detox liver, 76gr carbohydrates, Potassium, Phosphorus, Magnesium, Calcium, Iron, vit C) , FR= Miel

Horse 120 (28gr protein, 5gr lipids, 64mg Cholesterol, Iron, Zinc, Selenium, Phosphorus, vit B12, B3, B6) , FR= Cheval

Horseradish 50 (10gr carbohydrates, Potassium, vit C, Calcium, Magnesium, Sodium) , FR= Raifort

Ice cream 65 /boule

Ice cream (Scoop) 65

Ice cream Magnum 240

Ice Cream Vacherin glacé 200 (27gr carbohydrates, 10gr lipids, 2gr protein, Sodium)

Jams 300 (Potassium, Magnesium, vit B9) FR= Confitures

Jellies 250

Juice (Grapefruit) 40 /cup (Potassium, Magnesium, Copper, vit C, B9)

Juice (Orange) 40 /cup (Potassium, vit C, B9)

Juice (Unsweetened fresh fruit but not citrus fruits) 50

Juice (vegetables unsweetened) 20

Juice Apple 40 /cup (vit C, Potassium, Manganese, Copper, Iron)

Juniper: diuretic effects, anti-inflammatory, antioxidant, antiseptic, antiviral , FR = Genévrier

Ketchup 110

Kiwi* 60 (antioxydants, 13 g carbohydrates, 1 g protein, fibers, vit C, K, B9, E, Copper, Potassium)

Kohlrabi 20 (detox liver, vit C, Phosphorus, Potassium) , FR= Chou-rave

Kombucha (mère de champignon dans liquide sucré Ironmenté,renforce système immunitaire,Glucose,Fructose,facilite la digestion)

Krupuk ou Kroepoek 500

Kumquat 90 (Calcium, Potassium, vit C)

Lamb (Chop) 230

Lamb (Quasi) 170 (23gr protein, 9gr lipids) , FR= Quasi d'agneau

Lamb chops 250 (22gr protein, 11gr lipids)

Lamb shoulder 190 (17g protein, vit B1,2,3,6,12)

Lard 900 (100gr lipids, vit E, Selenium) , FR= Saindoux

Lavender (soothes nerves, muscles (baths)

Leeks 60 (12gr carbohydrates, vit C, A, B6, B9) kidneys, for pharyngitis: juice p boiled with a little vinegar, FR= Poireaux

Lemon* 30 (alcalinisant,detox liver, vit C, Copper, Iron)concentration,

Lemongrass stimulating (10min.) , FR= Citronnelle stimulant

Lentils 90 (laxative, fat burning, Iron, 11gr carbohydrates, 6gr protein, Potassium, Phosphorus) protein, = FR= Lentilles

Lettuce 10 (tous les types) (fat burning, vit A, K, B9) , FR= Laitue

Lime* 36 (Sodium, Phosphorus, Magnesium, vit C, B5, B9)

Liquor 350 /4cl

Liquor Strong 450 (Abricotine, Williamine, Prune, Gin Gentian, etc.)

Liver (beef) 180 (396mg Cholesterol, 29gr protein, 5gr lipids, 5gr carbohydrates, antioxydant)

Liver (fat) 480 (1040mg Cholesterol, 7gr protein, 50gr lipids, 2gr carbohydrates, vit A) , FR= Foie gras

Liver (Poultry) 170 (560mg Cholesterol, 26gr protein, 6gr lipids)

Liver (Veal) 140 (511mg Cholesterol, 28gr protein, vit A, Iron, Omega-6)

Lobster 100 (Phosphorus, Zinc, Copper, Selenium, vit B12, Acide Pantothénique) , FR= Homard

Lobster bisque 90

Macaroni 350 (42gr carbohydrates, 5gr protein, 2gr lipids, 25gr hydrates de carbone, 56mg Cholesterol, Potassium)

Mandarin 35 /pce (vit A, B1,2,3,) against agitation, anxieties during the night

Mangetout peas 50 (lutéine, zéaxantine, 9gr carbohydrates, 3gr protein, vit C, K, Iron, Manganese, Copper, B1)

Mango 70 (17gr carbohydrates, vit C, A, B1, B2, B6, E, Copper)

Margarine 730 (80gr lipids, 39gr Graisses mono-insaturées, 24gr, Graisses polyinsaturées, 15gr, Graisses saturées, 0 Cholesterol)

Margarine Light 360

Marmite 220 (35gr protein, 20gr carbohydrates, 3.2gr Sodium, vit B1, yeast extract) , FR= Cenovis

Mayonnaise 760 ou 60 /CS

Meat pie 320 or 140 /slice

Melissa (soothing, promotes sleep, infusion facilitates digestion) , FR= Mélisse

Melon (Honeydew) 40 (laxative, Potassium, Sodium, Magnesium, Calcium, vit B, C)

Melon (water) 34 (laxative), fat burning , FR= Melon d'eau

Milk (condensate) 320

Milk (Cow) 90 /cup (13gr carbohydrates, 9gr protein, Calcium, Phosphorus, B2, B12, D)

Milk (Goat) 65 (4gr carbohydrates, 3gr protein, 4gr lipids, Calcium, Phosphorus, Potassium, Iode, Sodium, B2, vit A, B5, B6) chèvre

Milk (Soy) 44 (3gr protein, 3gr carbohydrates, 2gr lipids, B12, B2, B9, A, Selenium, Copper, Phosphorus, Potassium)

Millet 110 (Posphore, Magnesium, Zinc, fibers)

Mineral water Contrex (48mg Calcium, 10mg Magnesium, 0.3mg Potassium, etc.)

Mineral water Evian (8mg Calcium, 3mg Magnesium, 1mg Clor, 1mg Sodium, 0.1mg Potassium)

Mineral water San Pellegrino (18mg Calcium, 5mg Magnesium, 6mg Clor, 4mg Sodium, 0.3mg Potassium)

Mineral water Vichy Célestins (10mg Calcium, 1mg Magnesium, 117mg Sodium, 23mg Clor, 7mg Potassium)

Mint (calmant (tiré 1 à 2 min.), excitant tiré à plus de 3 min.), nausées en voiture, maux de tête)

Mint Cinnamon = aide la digestion , FR= Menthe Cannelle

Mojito cocktail 250

Mortadella 370 (30gr lipids, 14gr protein, vit B1, B12, B3, B6, B9, Sodium, Iode)

Mostard 60 ou 3/CS (Folate, vit C, A, K, Manganese, Calcium, Magnesium, Iron, Copper, Selenium, vit B2, 6, E)

Muesli Bar 530

Muesli Master Crumble Fruits 340 (61gr carbohydrates, 8gr protein, 4gr lipids, 100mg Sodium)

Mushrooms Boletus, Chanterelles, Morels 15 (fat burning, fibers, Potassium, Copper, Selenium, vit B2,3)

Mushrooms of Paris 5

Mussels 170 (24gr protein, 7gr carbohyd, Phosphorus, Iron, Zinc, Selenium, B1, B2, B12, Copper, B3, Acide Folique) , FR= Moules

Mustard leaf 30

Nectarine 40 /fruit (10gr carbohydrates, vit B3, C, E, Copper, Iron, Phosphorus)

Noodles (chines with Chicken) 130

Noodles (chines) 360 (14gr protein, 68gr carbohydrates, Sodium, Potassium)

Noodles aux oeufs 350 (42gr carbohydrates, 5gr protein, 2gr lipids, 25gr hydrates de carbone, 56mg Cholesterol, Potassium)

Nouilles (chines with vegetables) 120

Nut (Walnut)* 660 (detox liver, indice TAC = 4485 umol (fort antioxydant), Omega-3, Manganese, Copper, Zinc) Nix de Grenoble

Nut Cashew * 660 (45gr lipids, 33gr carbohydrates, 15gr protein, 250mg Magnesium, Copper, Phosphorus, Iron, Z, B1, B2, B6, B9)

Nut Coco 350 (fat burning, 40gr lipids, fibers, Iron, Manganese, Copper, Selenium)

Nut Macadamia 730 (73gr lipids, 9gr protein, 6gr carbohydrates, 200% Manganese, 130mg Magnesium, vit B1, Copper)

Nut Pacanes* 660 (indice TAC = 4485 umol (fort antioxydant), Omega-3, Magnesium, Manganese, Copper, Zinc)

Nutella 530

Oat 60 (en flocons) , FR= Avoine

Octopus 90 (18gr protein, 1gr carbohydrates, Potassium, Phosphorus, faible en vit.) , FR= Poulpe

Oil (avocat) 900 (PRAL neutre, vit E)

Oil (cod liver) 900 (250 ug vit D 5000%, 300 mg vit A 3750%, 30 mg vit E 250%, 400 ug Iode 270%) Huile de foie de morue

Oil (corn) 900 (acids poly-insaturés, vit E, Omega-6, Omega-3, acides mono-insaturés, acides gras saturés) Huile de maïs

Oil (hemp) 500 (acids poly-insaturés, Omega-6, Omega-3, acides mono-insaturés, acides gras saturés) , FR= Huile de chanvre

Oil (linen) 900 (indice PRAL neutre, Omega-6, Omega-3) , FR= Huile de lin

Oil (olive) 900 or 40 /CC (indice PRAL neutre, Omega-6, Omega-3) , FR= Huile d'olive

Oil (rape) 900 (acides gras monoinsaturés, Omega-6, Omega-3) Huile de Colza

Oil (Safflower) 900 (indice PRAL neutre, Omega-6, Omega-3) , FR= Huile de carthame

Oil (sesame) 900 (acides poly-insaturés, vit E, Omega-6, Omega-3, acides mono-insaturés, acides gras saturés) Huile de sésame

Oil (sunflower) 900 (Omega-6, acide Linoléique, vit E, K) , FR= Huile de tournesol

Oil cold pressed 900 (acides gras monoinsaturés, vit K, E, acides gras insaturés)

Oil de pépins de raisins 900 (acides poly-insaturés, vit E, Omega-6, Omega-3, acides mono-insaturés, acides gras saturés)

Olive 130 ou 30 / 6 piece (Iron, Copper, vit E)

Olive in Oil 900 or 120 /6 piece (Iron, Copper, vit E)

Onion 34 rich in prebiotics, (7gr carbohydrates, Potassium, vit C, Sodium, B9)
against flu, drink after meal: diced onions dipped in 1/2 liter all night

Orange blossom = nervousness, knotted stomach, sleep disorders

Orange* 45 (alcalinisant et laxative, fat burning, 17gr carbohydrates, vit C, B1, B5, B9, Calcium, Copper)

Orge 120 (23gr carbohydrates, Phosphorus, Magnesium, Iron, Zinc, Manganese, Copper)

Ossobuco 170 , FR= Jaret de porc

Oysters 42 (acide urique, Omega-3, vit B2, Zinc, Iron, Copper, Phosphorus, Selenium, B12, 18gr protein, 10gr carbohydrates) Huîtres

Palm heart 45 (Sodium, Potassium) , FR= Cœur de Palmier

Papaya 40 (15gr carbohydrates, vit C, A, B5, B9, E, Potassium)

Parsley 47 (5gr carbohydrates, 3gr protein, vit C, Manganese, Potassium, Iron, Calcium) , FR= Persil

Parsnip 70 (fat burning, taux élevé de glycémie) (12gr carbohydrates, Manganese, B1, B5, B6, B9, C, E, Copper, Iron) , FR= Panais

Pasta (white) 350 (42gr carbohydrates, 5gr protein, 2gr lipids, 25gr hydrates de carbone, 56mg Cholesterol, Potassium)

Peach 40 /fruit (10gr carbohydrates, vit B3, C, E, Copper, Iron, Phosphorus)

Peanuts (salted) 630 (30gr protein, 10gr carbohydrates, 47gr lipids, B3, B9, B8)

Peanuts butter 620

Peanuts* (B3, E, Copper, Manganese, Zinc)

Pear 100 /pièce (fat burning, 16gr carbohydrates, Copper, vit C, K)

Peas 60 (12gr carbohydrates, Potassium, Phosphorus, vit C, K) , FR= Petits pois

Pepper 300 (44gr carbohydrates, 10gr protein, B2, B6, Manganese, Copper, Iron, Potassium, Calcium, Magnesium)

Pepper (Red or Green) 20 (5gr carbohydrates, vit C, B9, Potassium, Sodium)

Peppermint (against nausea, relieves intestines, essential oil = external use, not to children)

Petit-four 110 /pce (aperitif)

Pheasant 240 (protein, Sodium, Potassium, Iron, Zinc) , FR= Faisan

Pickle 15 (antioxydant, Copper, vit K) , FR= Cornichon

Pickles 120

Pineapple* (alcalinisant) 115 (vit A, B1,2, C, Phosphorus, Calcium, Mag) , FR= Ananas

Pistachio 570 (42gr lipids (acides gras insaturés (positive for le chol.)), 18gr protein, 24gr carbohydrates, Iron, Manganese, B1, K)

Pizza entre 600 et 800

Plantain (heals wounds, bee stings)

Plum and prune 46 (12gr carbohydrates, high antioxydant, Iron, vit B6) , FR= Prune, pruneau

Polenta 60

Popcorn 400

Porc & Cheese Cordon bleu 180

Porc (Lean) 160 (30gr protein, 4gr lipids, Phosphorus, Zinc, Selenium, vit B1, B2, B3, B6, B12)

Porc steak 170

Pork (breaded slice) 300

Pork (Chop) 230

Pork (filet mignon) 170

Pork (roast) 230 (30gr protein, 4gr lipids, Phosphorus, Zinc, Selenium, vit B1, B2, B3, B6, B12) , FR= Rôti de porc

Potato 80 (laxative, 16gr carbohydrates, 2gr protein, vit B6, B3, C, B1, Selenium, Potassium, Copper)

Potato (French Friets) 550
 Potato (Chips) 550
 Potato (Gratin dauphinois) 120
 Potato (Roesti) 160
 Potato (Salad with mayonnaise) 140 ou 350 /tasse
 Potato (sweet) 50 /pce (fat burning, 19gr carbohydrates, relieves asthma, antioxydant, vit C, K, Manganese)
 Pot-au-feu 70
 Prune (dried) 60 /3 pce (laxative)
 Prune tart 110 /slice de 100 gr
 Puff pastry 380 , FR= Pâte feuilletée
 Pumpkin 20 (fat burning, antioxydant, Beta-carotene, Magnesium, vitA, Iron) , FR= Courge ou Citrouille ou Potimarron
 Quinoa 120 (fat burning, puissant antioxydant, Manganese, Iron, Copper, Phosphorus, Magnesium, Zinc, vit B2)
 Rabbit 190 (29gr protein, 8gr lipids, 82mg Cholesterol, Phosphorus, Iron, Zinc, Selenium, B3, B6, B12) , FR= Lapin
 Radish 15 (detox liver for black radish, Potassium, vit C, Sodium)
 Radish tops 28 (2,3 gr fibers, vit A, vit C)
 Ramekin at cheese 260 (11 gr protein, 19 gr carbohydrates, 16 gr lipids)
 Raspberry 50 (antioxydant, 4gr carbohydrates, vit C, B2) , FR= Framboise
 Rave cabbage 30 (7gr carbohydrates, 2gr protein, vit C) , FR= Rave chou
 Ravioli (Chinese fried) 54 /pce
 Ravioli (Chinese steam) 40 /pce
 Ray 80
 Red pepper 40 , FR= Piment rouge
 Rhubarbe 30 (vit K, Calcium, vit C, Manganese) , FR= Rhubarbe
 Rice 110 (brown, basmati) (Manganese, Selenium, 28gr carbohydrates, Potassium, Magnesium, Calcium)
 Rice wild ou Zizanie 100 (19gr carbohydrates, 4gr protein, Phosphore, Magnesium, Iron)
 Rissolle with meat 280 , FR= Rissolle à la viande
 Rocket 25 (Potassium, Calcium, Magnesium, Sodium, vit C) , FR= Roquette
 Roe 160 (26gr protein, 1gr lipids, 58mg Cholesterol, Phosphorus, Iron, Zinc, Copper, vit B2, B3, B12) , FR= Chevreuil
 Roe deer in sauce 160 (26gr protein, 1gr lipids, 58mg Cholesterol, Phosphorus, Iron, Zinc, Copper, vit B2, B3, B12), FR= Chevreuil
 Rooibos (Seeds) to make a drink, powerful antioxidant, relieves colic and digestive disorders
 Rosemary (heals the powerful antioxidant liver, lifts the mood of the depressed), FR= Romarin
 Rutabaga 40 (8gr carbohydrates, Potassium, vit C, Sodium)
 Rye 350 (50gr carbohydrates, 15gr protein, Manganese , Selenium, vit B1, B2, B3) , FR= Seigle
 Sage = relieves colds and sore throat , FR= Saugue
 Saké 200 /1.5cl (Potassium, Calcium, Sodium, 5gr carbohydrates)
 Salad (Headed) 12 (laxative, Potassium, Sodium, vit C) , FR= Salade pommée
 Salami 480 (45gr carbohydrates, 18gr protein, Potassium, Phosphorus, Calcium, Magnesium, vit C, B3)
 Salicornia 40 (Sodium, vit A)
 Salmon (fresh) 220 (27gr protein, 14gr lipids, 0 carbohydrates, 45mg Cholesterol, 270 mg Phosphorus 40%, 20 ug Selenium 40%, vit B1, B3, B6, B12 120%, vit D 170%, 11 mg Calcium 1%)
 Salmon (Smoked or marinated) 170 (22gr protein, 9gr lipids, 0 gr carbohydrates, vit B12, D, B3, Sodium, Selenium)
 Salsify 30 (Sodium, Potassium, vit E) , FR= Salsifis
 Salt 0 (Sodium) - Neutral neither acidic nor alkaline
 Salt (Sea) 0 (500mg Magnesium, Sodium) - Neutral neither acidic nor alkaline but we know that seawater so salt is a little alkaline
 Sandwich (cheese) 200 to 300
 Sandwich (chicken) 180
 Sandwich (ham) 260
 Sardine (in Oil) 240 (26gr protein, 13gr lipids, vit D, Calcium, Phosphorus, Magnesium)
 Sardine (in water) 200 (Calcium, Phosphorus, Iron, Selenium, vit B3, B12, D, Zinc, B2, Magnesium)
 Sauce Black Pepper 90 /portion
 Sauce chocolat 290
 Sauce salade 290 ou 85 /portion
 Sauce salade Light 140 ou 40 /portion 30gr ou 7 /portion 5gr
 Sauce tomate
 Sausage (Frankfort) 300 (27gr lipids, 12gr protein, vit B12, B1, B3, B2, Sodium)
 Sausage (from Vienna) 230 (23gr lipids, 14gr protein, Sodium, Potassium, Phosphorus, Folate)
 Sausage (to roast) 260 (21gr protein, 8gr lipids, pas de Cholesterol, pas de vit.)
 Sausage (vaudois) 380 (35gr lipids, 17gr protein)
 Sausage (Veal) 340 (32gr lipids, 14gr protein, Omega-6)
 Sausage (with cabbages) 330 (31gr lipids, 9gr protein, 2gr carbohydrates,
 Sausage Wienerli with puff pastry 960
 Sausage Wieners 360 (17gr Protein, 30gr lipids, 74 mg Cholesterol, 1300 mg Sodium, Potassium, Iron, B12, vit C) , FR= Cervelas

Scallop 80 (17 gr protein, 1.3 gr lipids, 1 gr carbohydrates, 2.4 mg Manganese 120%, 191 mg Sodium 24%, 225 mg Phosphorus 32%, 21 ug Selenium 40%, 3 mg Zinc 30%, 5 ug B12 200%) , FR= Coquille Saint-Jacques , Pétoncle

Sea food 90

Seaweed (spirulina) 40, FR= algue (Spiruline)

Seeds (lin) 530 (laxative, fat burning, Omega-3, Manganese, Magnesium, Phosphorus, Copper, Selenium, Iron, vit B6) , FR= lin

Seeds (poppy) 570 (protein, fibers) , FR= graines de pavot

Seeds (pumpkin) 560 (Omega-6, Manganese, Phosphorus, Copper, Magnesium, Zinc, vit B1) , FR= graines de citrouille

Seeds (squash) 570 (protein, fibers) , FR= graines de courge

Seeds (Sun-flower) 580 (Omega-6, Copper, Selenium, Phosphorus, Magnesium, Manganese, Zinc, vit E, B1, B6) , FR= tournesol

Serpolet (antispasmodic, expectorant, sedative) , FR= Serpolet

Sesame 500 (54gr lipids, 24gr carbohydrates, 18gr protein, Calcium, Phosphorus, Magnesium, Iron, Zinc, Copper, vit B1, B6)

Shallot 76 (fat burning, 16 gr carbohydrates, 2 gr protein, 0 lipids, vit B9, B6, C, Potassium, Copper, Phosphorus, Iron) FR= échalote

Sheep 100 (idem Lamb), FR= Mouton idem agneau

Shell 100 (Calcium, Iron, 11gr protein, vit B12) , FR= Coquillages

Shellfish 100 (protein, Oméga-3, vit A, B, C, D) , FR= Crustacés

Shortbread 500 ou 70 /pce , FR= sablés

Shrimps 100 (protein, Oméga-3, Phosphorus, Selenium, B12, B3, Iron, Zinc, Iode) , FR= Crevettes

Snail 80 without buter (16gr protein, 2gr carbohydrates, 260mg Magnesium, vit D, B12, C, B6, B3, Copper, Iron) FR= Escargot

Snickers Bar 470

Soda

Soja 13 (detox liver,)

Sorbet 100 /125ml

Sorbet (Scoop) 40

Soup (Mushroom without cream) 40

Soup (vegetables) 25

Soy beans 160 (Iron, Zinc, Calcium)

Soy sprout 30 (vit C, Potassium, Phosphorus, Magnesium, Calcium) , FR= Pousse de Soja

Spaetzli without butter 360

Spaghettis or other pasta 350 (42gr carbohydrates, 5gr protein, 2gr lipids, 25gr hydrates de carbone, 56mg Cholesterol, Potassium)

Spinach (Cooked) 27 (laxative, detox liver, 3 gr protein, 2 gr carbohydrates, 390 mg Potassium, 140 mg Calcium, 90 mg Sodium, 53 mg Magnesium, 40 mg Phosphorus, 2 mg Iron, antioxydant, Bétaine, 120 ug B9 60%, 17% vit E,)

Spring roll (Chicken) 65 /pce

Squid 80 (vit B12, Omega-3, Iron, Copper, Selenium) , FR= Calamar

Stevia 20 or vegetable sweetener (glycemic index of 0)

Stick bretzel 370 (77gr carbohydrates, 11gr protein, 5gr lipids)

Strawberry 30 (meilleur fat burning, antioxydant (acide ellagique), 7gr carbohydrates, vit C, Manganese) , FR= fraise

Sugar (Cane) 400 (100gr carbohydrates)

Sugar (white) 400 (100gr carbohydrates, Sodium, Potassium, Magnesium)

Sweetbread 125 (23gr protein, 4gr lipids, acide indice PRAL = 24, vit B12, C, Phosphorus, Potassium, Zinc) , FR= Ris de veau

Syrup (Agave) 320

Syrup (maple) 260

Syrups 270

Tea (black) 0

Tea (green) 0 (fait maigrir)

Tea (herbal) 0

Tea Bancha 0

Tea gingembre 0

Tea of Paraguay ou Yerba Maté 0

Tempeh 200 (18gr protein, 11gr lipids, 2gr carbohydrates, Potassium, Calcium, B3, B12), FR= pâte de fèves de soja Ironmentée

Terrine with meat 320

Thyme 0 (calm bronchial infections) , FR= Thym

Tofu 70 (8gr protein, 4gr lipids, 2 gr carbohydrates, 1 gr fibers, 300 mg Calcium, 12 mg Sodium, 1.6 mg Iron, 30 mg Isoflavones)

Tomato (matured) 20 (detox the liver, 4gr carbohydrates, vit B9, C, Potassium, Sodium, vit A, B3, B6, C, E, K)

Tomato with cheese 20 (4gr carbohydrates, vit B9, C, Potassium, Sodium, vit A, B3, B6, C, E, K)

Treacle 300 (74gr carbohydrates, only sugar, nothing els) , FR= Mélasse

Tripe with tomato 110 (15gr protein, 4gr lipids, 3gr carbohydrates, Sodium, B12, B5, Zinc)

Trout (fresh) 170 (24gr protein, 7gr lipids, 68mg Cholesterol, Phosphorus, Selenium, B3, acid pantothenic, B6, B12)

Trout (Smoked) 170 , FR= truite

Tuna (fresh) 120 (25gr protein, 30mg Cholesterol, Phosphorus, Selenium, B2, B3, B6, acid pantothenic, B12, A, Iron) , FR= Thon

Tuna (in oil) 230 (26gr protein, 14gr lipids, B12, B3, D, Selenium, Phosphorus, Copper, Sodium) , FR= Thon à l'huile

Turkey (Sliced) 100 , FR= dinde

Turkey (White) 130 (protein, Phosphorus, Iron, Zinc, Sélé, B3) rich in tryptophans (increases serotonin) , FR= dinde

Turnip 17 (detox liver, Potassium, Sodium, vit C) against cough , FR= Navet

Veal (breaded slice) 270

Veal (lean) 170 (100mg Cholesterol, 24gr protein, 8gr lipids, Phosphorus, Iron, Zinc, Copper, B2, B3, B6, B12, D, Selenium)

Veal Blanquette + rice 140 , FR= tranche panée de veau

Veal kidneys 170 (B12, 3, 5, 6, 2, Iron) , FR= Rognons de veau

Vegetables (Fermented) 30

Vinegar (Distilled) 2

Waffle mini (Half-chocolate) 180

Waffle nature 300

Watercress 12 (vit C, E, A, B1 et B2) , FR= Cresson de fontaine

Wheat 150 (Prot, Glucose, Magnese, Phosphorus, Potassim, vit E) , FR= Blé

Wheat germ 150 (260mg Magnesium, Prot, Gluc, Phosp, Potass, vit E)

Wheat semolina 350 (73gr carbohydrates, 13gr protein, Potassium, Phosphorus, Magnesium) , FR= Semoule de blé

Whisky 230 / 10cl

Whiting 70 , FR= Merlan

Williamine ou Abricotine 500

Wine (red) 70

Wine (white) 60

Yeast 330 (48gr protein, 17gr carbohydrates, Potassium, Phosphorus, Magnesium, B9, B1) , FR= Levure de bière

Yogurt (fruits) 120

Yogurt (greek) 150 /125gr

Yogurt 0% 50 (7gr carbohydrates, 5gr protein, Sodium)

Yogurt natural Danone 135

Zucchini 19 (1gr Proteines, 2gr carbohydrates, 0,3gr lipids, Sodium 23%, 65 mg Phosphorus9%, Magnèse 8%, 21 mg Magnesium 6%, 230 mg Potassium12%, Iron 4%, Copper15%, 20mg Calcium, vit B9, C, B1, B2, B6) , FR= Courgette

Zwieback bit 50

Zwieback Knäckerbrot Wasa 50

Zwieback sweet 100

Zwieback Wasa Light 43 (8 gr carbohydrates, 1.2 gr protein, 0.3 gr lipids, 2.6 gr fibers)

