



Taking Care of Me: Acupuncture Health and Wellness
DAMP FORMING FOODS LIST
www.takingcareofme.ca

SUGAR:

- any sweetener (sugar, honey, maple syrup...)
- fruit and fruit juices
- anything made from flour (pasta, bread, muffins...)
- alcohol

DAIRY:

- milk, cheese, yogurt, icecream, sour cream...

COLD/RAW FOODS AND DRINKS:

- cold foods and drinks (ice water, frozen treats...)
- raw/uncooked fruits and vegetables (veggie sticks, salads, fresh fruit, frozen/cold smoothies and juices...)

GREASY/FATTY FRIED FOODS:

- fatty meats (chicken wings, cold cuts, bacon)...
- pizza, fries, deep fried foods, chips...