

pH Food Chart

DRINK IONIZED WATER

1 LITER per 30 lbs

DAILY

Consume
Freely

Alkaline

pH

Most foods get
more acidic
when cooked

pH
10.0
1,000x more
Alkaline

High Alkaline
Ionized Water
Raw Spinach
Raw Broccoli
Artichokes
Raw Asparagus

Red Cabbage
Raw Celery
Cauliflower
Collard Greens
Cucumber
Raw Kale

Dandelion
Seaweeds
Raw Onions
Lemons & Limes
Rhubarb Stalks
Soy Lecithin-pure

Alfalfa Grass
Barley Grass
Wheat Grass
Black Radish
Soy Sprouts
Chia Sprouts

pH
9.0
100x more
Alkaline

Avocados
Borage Oil
Green Tea
Most Lettuce
Raw Zucchini

Red Radish
Red Beets
Raw Tomato
French Beans
Parsley-Cilantro

Raw Peas
Raw Eggplant
Alfalfa Sprouts
Green Beans
Beet Greens

Garlic or Chives
Dog/Shave Grass
Straw Grass
Lemon Grass
Cayenne Pepper

pH
8.0
10x more
Alkaline

Brussel Sprouts
Endive
Green Cabbage
Cooked Spinach
Cooked Broccoli
Cook Asparagus

Lima Beans
Soy Beans-Fresh
Navy Beans
Cooked Peas
Cook Eggplant
Sour Grapefruit

Raw Almonds
Wild Rice
Quinoa
Millet
Flax Seed Oil
Coconut Water

Chicory
Olives
Bell Peppers
Watercress
White Radish
Lamb's Lettuce

Neutral

pH

Most Tap Water

Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc.

HUMAN BLOOD pH is 7.365

pH
7.0

Most Olive Oils
Pumpkin Seeds
Primrose Oil
Marine Lipids
Sesame Seeds
Raw Goat Milk

Fennel Seeds
Sunflower Seeds
Leeks (bulbs)
Coconut & Oil
Barley
Sprouted Breads

20:1

It takes 20 parts
of **ALKALINITY** to
Neutralize
1 part **ACIDITY**
in the body

Acidic

pH

Consume
Sparingly
or never

pH
6.0
10x more
Acidic

Fresh H₂O Fish
Lentils
Spelt
Soy Flour
Brazil Nuts
Wheat Kernels
Coconut

Macadamias
Grapes
Hazelnuts
Brown Rice
Wheat
Papaya
Stevia & Agave

Watermelon
Cantaloupe
Cherries
Strawberries
Plums
Blueberries
Raspberries

Dates
Peaches
Oranges
Pineapple
Banana
Mango
Walnuts

Most Bottled Water

pH
5.0
100x more
Acidic

Honey
Cooked Beans
Bread
Liver
Organ Meats
Cocoa
Soy Milk

White Rice
Potatoes
Butter-Corn Oil
Soft Cheeses
Milk & Cream
Cook Tomatoes
Sweet Potatoes

Whole Grain
Rye Bread
White Bread
White Biscuit
Fruit Juice
Cashews
Oysters

Rice Cakes
Turbinado Sugar
Ketchup &
Mayonnaise
Figs & Prunes
Rose Hips
Cooked Corn

Reverse Osmosis Water • Distilled & Purified Waters • Enhanced • Flavored • Vitamin Waters & Sports

pH
4.0
1,000x more
Acidic

Turkey
Ocean Fish
Chicken & Eggs
Hard Cheeses
Mustard

Canned Fruits
Beer & Wines
Cream Cheese
Most Pastries
Popcorn

Peanuts
Pistachios
Fruit Drinks
Beet Sugar
White Sugar

Coffee
Chocolate
Cranberries
Buttermilk
Tomato Sauce

Carbonated Water • Seltzer or Club Soda

pH
3.0
10,000x more
Acidic

Pork
Veal
Beef
Lamb
Pickles
Vinegar

Black Tea
Soy Sauce
Hard Liquors
Canned Foods
Processed Foods
Microwaved Foods

Sweetened Fruits & Juices
Stress, Worry, Lack of Sleep
Tobacco Products (Chewed or Smoked)
Artificial Sweeteners (Sweet n' Low, Equal etc.)
16oz. Chocolatty-Mocha-Frappuccinos
SODAS & Carbonated Beverages