

pH CHART



<p>Consume Freely Raw is Best</p> <p>Alkaline pH</p> <p>Most foods get more acidic when cooked</p>	<p>10</p> <p>High Alkaline Ionized Water</p> <p>Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds</p> <p>Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus</p> <p>Artichokes Raw Cellery Potato Skins Collards Lemons & Limes</p>
	<p>9.0</p> <p>Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes</p> <p>Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons</p> <p>Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi</p>
	<p>8.0</p> <p>Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges</p> <p>Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit</p> <p>Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas</p>
<p>Neutral pH Optimum pH for HUMAN BLOOD</p>	<p>7.0</p> <p>Most Tap Water</p> <p>Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365</p> <p>Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive</p>
<p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p> <p>Acidic pH</p> <p>Consume sparingly or never</p>	<p>6.0</p> <p>Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters</p> <p>Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish</p> <p>Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna</p>
	<p>5.0</p> <p>Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran</p> <p>Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb</p> <p>Beer White Rice Navy Beans Black Beans Cooked Corn Molasses</p>
	<p>4.0</p> <p>Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn</p> <p>Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts</p> <p>Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce</p>
<p>3.0</p> <p>Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet'N Low NutraSweet</p> <p>Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food</p> <p>Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods</p>	
<p>2.3</p> <p>Colas! (Off the Chart)</p>	