

## Food Chart

Consume Freely  
(wash first)  
Raw is Best!

### Alkaline pH

Most foods become  
more acidic when  
cooked

10.0

#### High Alkaline Ionized Water

Raw Spinach  
Brussel Sprouts  
Cauliflower  
Alfalfa Grass  
Seaweeds

Raw Broccoli  
Red Cabbage  
Carrots  
Cucumbers  
Asparagus

Artichokes  
Raw Cellery  
Potato Skins  
Collards  
Lemons & Limes

9.0

Olive Oil  
Raw Zucchini  
Sprouted Grains  
Raw Green Beans  
Mangoes  
Tangerines  
Grapes

Most Lettuce  
Sweet Potato  
Raw Eggplant  
Blueberries  
Papayas  
Melons

Borage Oil  
Raw Peas  
Alfalfa Sprouts  
Pears  
Figs & Dates  
Kiwi

8.0

Apples  
Tomatoes  
Turnip  
Bell Peppers  
Pineapple  
Wild Rice  
Cantaloupe  
Oranges

Almonds  
Fresh Corn  
Olives  
Radish  
Cherries  
Strawberries  
Honeydew  
Grapefruit

Avocados  
Mushrooms  
SOybeans  
Rhubarb  
Millet  
Apricots  
Peaches  
Bananas

### Neutral pH

6.7-7.0 is ideal for Urine  
7.0-7.5 is ideal for Saliva

7.0

#### Most Tap Water

6.7-7.0 is ideal for Urine  
7.0-7.5 is ideal for Saliva

Butter, fresh, unsalt  
Cream, fresh, raw  
Milk, raw cow's  
Margarine  
Oils, except Olive

6.0

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

Milk, Yogurt  
Most Grains  
Eggs  
Kidney Beans  
Processed Juices  
Brown Rice  
Sprouted Wheat Bread  
Oysters

Fruit Juices  
Soy Milk, Goat's Milk  
Fish  
Lima Beans  
Rye Bread  
Cocoa  
Oats  
Cold Water Fish

Cooked Spinach  
Coconut  
Tea  
Plums  
Spelt  
Rice & Almond Mill  
Liver  
Salmon, Tuna

5.0

### Acidic pH

Consume in  
Moderation

Cooked Beans  
Sugar  
Potatoes w/o Skins  
Garbanzos  
Butter, Salted  
Wheat Bran

Chicken & Turkey  
Canned Fruit  
Pinto Beans  
Lentils  
Rice Cakes  
Rhubarb

Beer  
White Rice  
Navy Beans  
Black Beans  
Cooked Corn  
Molasses

4.0

Reverse Osmosis Water  
Coffee  
Pistachios  
Cranberries  
Wheat  
Popcorn

Distilled & Purified Water  
White Bread  
Beef  
Prunes  
Most Nuts  
Peanuts

Most Bottled Water  
& Sports Drinks  
Blackberries  
Sweetened Fruit Juices  
Tomato Sauce

3.0

Lamb  
Shellfish  
Goat Cheese  
Pasta  
Worry  
Tobacco Smoke  
Sweet'N Low  
NutraSweet

Pork  
Pastries  
Soda  
Pickles  
Lack of Sleep  
Chocolate  
Equal  
Processes Food

Wine  
Cheese  
Black Tea  
Stress  
Overwork  
Vinegar  
Aspartame  
Microwaved Foods

2.5

#### Soda! (off the chart)

\*Please Note: Once you have  
recorded your results, we recommend  
that you consult a trained healthcare  
provider.