

pH Scale

Consume Freely
Raw is Best

Alkaline pH

Most foods
get more acidic
when cooked

Neutral PH

The pH of pure
water is seven.

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

Acidic PH

Consume
sparingly
or never



High Alkaline Ionized Water

Asparagus
Raw Broccoli
Red Cabbage
Cucumber
Carrots

Seaweeds
Raw Spinach
Cauliflower
Alfalfa Grass
Brussel Sprouts

Lemon & Limes
Raw Cellery
Collards
Potato Skins
Artichokes

Most Lettuce
Grapes
Tangerines
Mangos
Raw Green Beans

Raw Zucchini
Sweet Potato
Raw Eggplant
Blueberries
Papayas

Kiwi
Figs & Dates
Alfalfa Sprouts
Raw Peas
Borage Oil

Oranges
Fresh Corn
Strawberries
Honeydew
Grapefruit

Apples
Tomatoes
Wild Rice
Bell Peppers
Cantaloupe

Bananas
Millet
Soybeans
Apricots
Peaches

Most Tap Water

Concentration of hydroxide ion
and hydrogen ion is equal in pure
water making it neutral.

Oils, Margarine,
Butter, Cream,
Raw/Fresh Milk

Liver
Plumbs
Cooked Spinach
Coconut
Salmon, Tuna

Brown Rice
Oysters
Wheat Bread
Milk, Yogurt
Eggs

Oats
Cold Water Fish
Rye Bread
Fruit Juices
Soy / Goats Milk

Molasses
Beer
White Rice
Cooked Corn
Black Beans

Cooked Beans
Wheat Bran
Garbanzos
Sugar
Potatoes

Rhubarb
Lentils
Pinto Beans
Turkey & Chicken
Canned Fruit

Coffee
Wheat
Popcorn
Cranberries
Pistachios

Blackberries
Tomato Sauce
Sweetend Fruit Juice
Bottled Water
Sports Drinks

Beef
Prunes
Most Nuts
Peanuts
Distilled Water

Micowaved Foods
Aspartame
Stress
Black Tea
Cheese

Sweet'N Low
Worry
Shellfish
NutraSweet
Tabacco Smoke

Equal
Chocolate
Processed Food
Pork
Soda