

**A L K A L I N E**

**10<sub>pH</sub> 1000 x** Raw Spinach Red cabbage Cucumbers Collards Raw Broccoli Carrots Onions  
 Raw Celery Cauliflower Artichokes Potato Skins Alfalfa Asparagus Lemons  
 Olive Oil Sprouted Grains Mangoes Papayas Herbal & Green Tea Raw Peas

**9<sub>pH</sub> 100 x** Most Lettuce Raw Green Beans Beets & Greens Blueberries Pears Grapes  
 Melons Kiwi Figs & Dates Raw Zucchini Sweet Potato Raw Eggplant

**8<sub>pH</sub> 10 x** Apples Soybeans Bell Peppers Strawberries Almonds Avocados Tomatoes  
 Fresh Corn Mushrooms Radish Turnip Olives Pineapple Wild Rice Millet  
 Apricots Peaches Oranges Grapefruit Bananas Rhubarb

**7<sub>pH</sub> NEUTRAL** **Optimum blood pH 7.365 – 7.45** | Fresh unsalted butter, fresh raw Cream  
 Raw Cows Mil Margarine Oils, except Olive

**A C I D I C**

**6<sub>pH</sub> 10 x** Milk, Yogurt Fruit Juices Cooked Spinach Most Grains Soy Milk Kidney Beans  
 Eggs Fish Tea Rice & Almond Milk Sprouted Wheat Bread Oats Liver Salmon  
 Tuna Barley Brown Rice Spelt Processed Juices Lima Beans Plums Goats Milk

**5<sub>pH</sub> 100 x** Cooked Beans Chicken & Turkey Potatoes w/o Skins Butter-salted Rice Cakes  
 Cooked Corn Lentils Black Beans Beer Sugar Canned Fruit White Rice Molasses

**4<sub>pH</sub> 1000 x** Coffee White Bread Peanuts Pistachios Beef Blackberries Cranberries Wheat  
 Popcorn Cream Cheese Tomato Sauce Sweetened fruit juice Wheat Bran

**3<sub>pH</sub> 10,000 x** Lamb Pork Black Tea Pasta Chocolate Vinegar Pickles STRESS Wine Cheese  
 Pickles Microwaved Foods Lack of Sleep Tobacco Smoker Aspartame Equal

**2<sub>pH</sub> 100,000 x** **All soda drinks All sparkling/spritz drinks 80,000 x more acidic than your blood!**