

Alkaline Food Chart

DRINK IONIZED WATER
1 LITER per 30 Lbs DAILY



pH 10.0

1,000x more Alkaline

High Alkaline Ionized water
Raw spinach
Raw Broccoli
Artichokes
Raw asparagus
Soy Sprouts
Chia sprouts
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

Alkaline pH

Consume Freely



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
Beer Greens
Garlic or chives
Dog/shave grass
Straw grass
Lemon Grass
Cayenne pepper

Most foods get More acidic When cooked



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
Watercress
White Radish
Lamb's Lettuce
Olives
Bell peppers

Neutral pH



pH 7.0

Most Tap Water
Municipalities adjust tap water to be +7.3 by using Chlorine to keep Ph high enough to eliminate any bacterial growth ect.
HUMAN BLOOD pH is 7.365
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



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

Acidic pH

1 part ACIDITY in the body



pH 5.0

100x more Acidic

Most Bottled water
Honey
Canned beans
Bread
Liver
Organ meats
Cocoa
Soy milk
White Rice
Potatoes
Butter-corn oil
Soft cheeses
Milk & cream
Cooked 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



pH 4.0

1,000x more Acidic

Reverse Osmosis water, Distilled & Purified water. Enhanced. Flavored.
Vitamin water & Sports
Turkey
Ocean fish
Chicken & Eggs
Hard cheeses
Mustard
Canned Fruits
Beer & Wines
Cream Cheese
Most Pastries
Popcorn
Pistachios
Fruit Drinks
Beet sugar
White Sugar
Coffee
Peanuts
Chocolate
Cranberries
Buttermilk
Tomato sauce

Consume sparingly or never



pH 3.0

10,000x more Acidic

Carbonated water, seltzer or club soda
Black Tea
Soy sauce
Hard Liquors
Canned Foods
Processed Foods
Microwaved Foods
Pork
Veal
Beef
Lamb
Pickles
Vinegar
Sweetened Fruits & juices
Stress, worry, lack of sleep
Tobacco products
(chewed or smoked)
Artificial sweeteners
(sweet n' low, Equal etc.) 160z.
Chocolate-Mocha-Frappuccinos
SODAS & Carbonated Beverages