

FOOD IMPACT ON BODY PH CHART

Consume Fewer Unhealthy Acid Producing Foods and More Healthy Alkaline Ones Including Ionized Alkaline Water

ACIDIC SUBSTANCES

Food, Beverages, Etc. that Increase Body Acidity

NEUTRAL SUBSTANCES

ALKALINE SUBSTANCES

FRUITS:

Blackberries

Fresh Apricots

Fresh Dates & Figs Grapefruit

Grapes

Khwi

Nectarine

Fresh Pears

Papaya & Passion Fruit

Raisins

VEGETABLES

Alfalfa & Other Sprouted Grain

Carrots

Fresh Gartic

Fresh Ginger & Ginseng

Green Beans

Kudzu Root

Most Lettuces

Onions & Leak

Rutabagas

Taro Root

Fresh Sweet Pea

BEVERAGES:

Ginger & Mu Te

MISC:

Cayenne

Cantaloupe, oneydew & Most Melons

Food, Beverages, Etc. that Improve Body Acidity

MEATS:

MEATS:

Canned Tuna

Bacon Sausages DAIRY: Processed Cheeses BEVERAGES

SWEETS: **Pudding** MISC:

French Fries & Most Other Fried Foods Yeast

DAIRY: ice Cream Nuts: Most Roasted Nuts Colas 2.5 pH Hazelnuts

> **BEVERAGES** Carbonated Soft Drinks Except Colas Sugar Added Grapefruit & Orange Julce FATS & OILS: & Palm Oil

VEGETABLES Aost Legumes Snow Peas fornato Sauce MEATS: Veal DAIRY:

Buttermille **Cream Chees** GRAINS: Granola

> Flour Tortillas SWEETS: Artificial Sweeteners

MEATS: Beef & Pork Mussels, Squic Other Mollusi

PASTA:

Most Beers Black Teas Hard Liquor **Most Coffee**

SWEETS: Pastries from White Flour & Sugar

Nost Microway Foods

FRUITS:

Dates, Figs & Other Dried Fruits

Cooked

Cranberries

Prunes

VEGETABLES:

Black-Eyed Peas

Peeled Potatoes

Most Pickles

Cooked Zucchini

MEATS:

Salmon, Tuna & Most Other Fish

Oysters & Most Shellfish

DAIRY:

Plain Yogurt

GRAINS:

Corn Bread & Tortillas

Cream of Wheat

Most Whole

Grain Breads

Popcorn with Salt & Butter

Rye, Wheat &

Wheat Germ

NUTS:

Pistachios &

6,5

7.0

FRUITS:

Blueberries

Fresh Coconut

Raw Cranberries

Fresh Guava

& Sapote

Apples Currants Gooseberries Ripe Bananas Fresh Oranges Fresh Peaches

Strawberries VEGETABLES:

Bamboo Shoots Beets without Greens Chives Cooked **Brussel Sprouts**

& Broccoli Cooked Squash & Eggplant Corn Fresh

Cooked Kale

Cooked

Soy Beans

Okra

Potatoes

with Skins

Radishes\

SWEETS: Raw Honey

> Tofu **GRAINS:** Flax Seeds Millet, Spelt & Quinoa Nuts: Chestnuts

> > **BEVERAGES:** Unprocessed Apple Cider Grain Coffee Substitutes FATS & OILS: Flax, Avocado & Primrose Oil

SWEETS: Raw Maple Syrup MISC:

Homemade Mayonnaise Sea Salt Tamari Sauce FRUITS:

VEGETABLES: Bell Pepper

Cauliflower Raw Green Cabbage Fresh Mushrooms Jicama &

Arrowroot Fresh Pumpkin Fresh Ripe Olives

Natural Sake

SWEETS: Unsulphered Molasses

Most Fresh Herbs & Spices Miso Soup

FRUITS:

FRUITS:

Watermelon VEGETABLES: Raw Broccoll Straw, Wheat, Lemon & Othe otato Skins Onl

Raw Mustard Greens BEVERAGES: Fresh Raw egetable Juices

Fresh Lemon

VEGETABLES Raw Brussel Raw Swiss Char Kimchi & Other Raw Kale Raw Spinach

Baking Soda

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White Bread

MISC: White Vinega

Unsweetene Cocca

VEGETABLES: Most Frozen & Canned Vegetables

DAIRY: **Goat Chees**

White Pasta BEVERAGES

Sugar-Added Fruit Juices

White Sugar

Cooked Swiss Chard Navy Beans

MEATS: Most Wild Game DAIRY:

Cottage Cheese GRAINS: Barley Oat Bran Rice Cakes

BEVERAGES Most Wine

> SWEETS: Powdered or Liquid Stevia

MISC: Balsamic Vinegar Cigarettes **lodized Table Salt**

Pecans FATS & OILS: Sesame, Safflower & Almond Oil BEVERAGES:

Reverse Osmossis Filtered Most Bottle Waters & Sports Drinks

SWEETS: Brown Sugar Chocolate Custard with White Sugar Sweetened Yogurt Tapioca

MISC: Ketchup Jar Mayonnaise Mustard Vanilla Most Pharmaceutical Drugs

FRUITS: Pomegranate **VEGETABLES:** Garbanzo Beans

Lima Beans MEATS: Chicken, Turkey Duck & Goose Lamb & Goat Venison & Elk

GRAINS: Processed Cereals Rice White Semolina

Wheat Bran White & Wheat Flour NUTS:

Brazil Nuts & Walnuts

Pine Nuts BEVERAGES Kona Coffee Soy, Rice & Almond Milk

> FATS & OILS Salted Butter Pumpkin & Grape Seed Oil SWEETS: Processed Maple Syrup

Sulphured Molasses MISC: Gelatin Hummus

FRUITS: Green Bananas Plums

VEGETABLES: Cooked Green

Horseradish Kidney & Pinto Beans Pickled Olives Cooked Spinach

MEATS: Cooked Whole Eggs & Egg Whites Liver & Other

Organ Meats DAIRY: Processed Cow

& Goat Milk Processed Dairy Products Most Cheeses

GRAINS: Oats Buckwheat Com & Rice Breads Cornmeal

Buttered Popcorn with No Salt Sprout Breads Sunflower Seeds

Wheat, Rye & Rice Crackers Whole Grain MISC:

Rice Vinegar

Soy Cheese

Soy Sauce SWEETS: Carob Fructose Pastries from Honey & Whole

MEATS: Egg Yolks Cooked Soft

DAIRY: **Insalted Butter** & Margarine Raw Cow & Goat Milk Raw Cow &

Goat Whey Raw Cream GRAINS: Brown &

Basmati Rice **BEVERAGES:** Municipal Tap Water

FATS & OILS: Canola, Corn & Sunflower Oil

arley Malt Syrup

Fresh Tomato Turnips, Parsnip & Kohlrabi **Turnip Greens GRAINS:** Wilde Rice Sesame Seeds NUTS: Almonds **BEVERAGES:** Unsweetened Fruit Juices

FATS & OILS: Fish Oil

MISC: Vegetable Sea Salt Apple Cider Vinegar

Loganberries Persimmons Fresh Raspberries Tangerines Umeboshi Plum VEGETABLES: Artichokes

Sweet Potatoe

Dried Soy Beans

Unroasted Dried Pumpkin Seeds

Sea Vegetables

Watercress

Raw Zucchini

BEVERAGES:

Beets with Greek Raw Celery Raw Cucumber Endive Raw Eggplant Raw Red Cabbage

Water fonizers Alikaline Water 9.0 to 10.0 pH

Green & Herbal Teas MISC: Cilantro Parsiey Stevia Plant Kelp, Karengo & Other Seaweed

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Important Notes: 1) This chart reflects the particular food's impact on the pH balance in the human body which may or may not reflect the direct pH value of the food itself. For example, though lemons and limes are chemically acids, when metabolized in the body, they have an alkalizing effect and are very beneficial. By the same token, though undigested meats test as alkaline, after meat is eaten, it releases acids into body. 2) Results of pH testing may vary depending on testing conditions, product brand, growing region and numerous other factors which accounts for the number of conflicting charts and other published and on-line sources. I an effort to be as accurate as possible, this chart was compiled using extensive published and onsite research pulling from as many of the best quality charts and sources as possible and statistically averaging the results where there were conflicts. As such, while we believe this chart to be one of, if not the best, and most accurate available, we encourage users to treat it and all similar charts as a general quideline in improving body pH and related good health by consuming more healthy alkaline foods and ionized water and less fewer unhealthy acidic foods and beverages. © Copyright 2011 • Air Water Life • All Rights Reserved