# pH CHART

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| **Consume Freely Raw is Best** | **10** | **High Alkaline Ionized Water** | | |
| | | Raw Spinach | Raw Brocolli | Artichokes |
| | | Brussel Sprouts | Red Cabbage | Raw Cellery |
| | | Cauliflower | Carrots | Potato Skins |
| | | Alfalfa Grass | Cucumbers | Collards |
| | | Seaweeds | Asparagus | Lemons & Limes |
| **Alkaline pH** | **9.0** | Olive Oil | Most Lettuce | Borage Oil |
| | | Raw Zucchini | Sweet Potato | Raw Peas |
| | | Sprouted Grains | Raw Eggplant | Alfalfa Sprouts |
| | | Raw Green Beans | Blueberries | Pears |
| | | Mangoes | Papayas | Figs & Dates |
| | | Tangerines | Melons | Kiwi |
| | | Grapes | | |
| **Most foods get more acidic when cooked** | **8.0** | Apples | Almonds | Avocados |
| | | Tomatoes | Fresh Corn | Mushrooms |
| | | Turnip | Olives | Soybeans |
| | | Bell Peppers | Radish | Rhubarb |
| | | Pineapple | Cherries | Millet |
| | | Wild Rice | Strawberries | Apricots |
| | | Canteloupe | Honeydew | Peaches |
| | | Oranges | Grapefruit | Bananas |
| **Neutral pH** Optimum pH for HUMAN BLOOD | **7.0** | **Most Tap Water** Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365 | | Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive |
| **It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body** | **6.0** | Milk, Yogurt | Fruit Juices | Cooked Spinach |
| | | Most Grains | Soy Milk, Goat's Milk | Coconut |
| | | Eggs | Fish | Tea |
| | | Kidney Beans | Lima Beans | Plums |
| | | Processed Juices | Rye Bread | Spelt |
| | | Brown Rice | Cocoa | Rice & Almond Mill |
| | | Sprouted Wheat Bread | Oats | Liver |
| | | Oysters | Cold Water Fish | Salmon, Tuna |
| | **5.0** | Cooked Beans | Chicken & Turkey | Beer |
| | | Sugar | Canned Fruit | White Rice |
| | | Potatoes w/o Skins | Pinto Beans | Navy Beans |
| | | Garbanzos | Lentils | Black Beans |
| | | Butter, salted | Rice Cakes | Cooked Corn |
| | | Wheat Bran | Rhubarb | Molasses |
| **Acidic pH** | **4.0** | Reverse Osmosis Water | Distilled & Purified Water | Most Bottled Water & Sports Drinks |
| | | Coffee | White Bread | |
| | | Pistachios | Beef | Blackberries |
| | | Cranberries | Prunes | Sweetened Fruit Juices |
| | | Wheat | Most Nuts | Tomato Sauce |
| | | Popcorn | Peanuts | |
| **Consume sparingly or never** | **3.0** | Lamb | Pork | Wine |
| | | Shellfish | Pastries | Cheese |
| | | Goat Cheese | Soda | Black Tea |
| | | Pasta | Pickles | Stress |
| | | Worry | Lack of Sleep | Overwork |
| | | Tobacco Smoke | Chocolate | Vinegar |
| | | Sweet'N Low | Equal | Aspartame |
| | | NutraSweet | Processed Food | Microwaved Foods |

**2.3** Colas! (Off the Chart)