

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

Food, Beverages, Etc. that Improve Body Acidity

MEATS:

Canned Tuna

Lobster

DAIRY:

Cottonseed & Palm Oil

Chart Developed by...

Air Water Life

9447 De Soto Ave

Chatsworth, CA 91311

Ph 818.698.2088

www.AirWaterLife.com

5.5

6.0

7.0

MEATS:

Egg Yolks Cooked Soft

DAIRY:

Unsalted Butter

& Margarine

Raw Cow &

Goat Milk

Raw Cow &

Goat Whey

Raw Cream

GRAINS:

Brown &

Basmati Rice

Municipal Tap Water

FATS & OILS:

Canola, Corn

& Sunflower Oi

SWEETS:

Barley Malt Syrup

Raw Honey

FRUITS:

Blackberries

Cantaloupe, oneydew & Mo Melons

Fresh Apricots

Fresh Dates & Figs

Grapefruit

Fresh Pears

Papaya & Passion Fruit

/EGETABLES

Alfalfa & Other

Carrots

Fresh Garlio

Fresh Ginger Ginseng

Green Beans

Kudzu Root

Most Lettuces

Onions & Leak

Taro Root

esh Sweet Pe

BEVERAGES:

inger & Mu Te

Raw Red Cabbage

Sweet Potatoe

& Yams

Inroasted Drie

Pumpkin Seed

Sea Vegetable

Watercress

Raw Zucchini

BEVERAGES

Green & Herbal Teas

MISC:

Cilantro

Parslev

Stevia Plant

Kelp, Karengo Other Seawee

9.5

MEATS: Bacon DAIRY:

Processed Cheeses BEVERAGES Colas 2.5 pH

SWEETS: Pudding

MISC: French Fries & Most Other Fried Foods Sleep Yeast

EGETABLES MEATS:

Ice Cream Roasted Nut Buttermilk

BEVERAGES Carbonated Soft Drinks **Except Colas** Sugar Added Grapefruit & Orange Juice FATS & OILS

DAIRY:

GRAINS: SWEETS:

Fruit Juices

VEGETARI ES Most Frozen

& Canned Vegetables 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 Vinega Cigarettes **lodized Table Salt**

Almond Oil

Reverse Water Most Bottle Vaters & Sports

SWEETS: Brown Sugar Chocolate Custard with White Sugar Sweetened Yogurt

MISC: Ketchun Mustard Vanilla Most

FRUITS: Pomegranate

VEGETABLES: Sarbanzo 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

Pecans FATS & OILS: Sesame. Safflower &

BEVERAGES Osmossis Filtered

Drinks

Tapioca Jar Mayonnaise Pharmaceutical Drugs

Dates, Figs & Other Dried Fruits Cooked Cranberries Prunes

FRUITS:

VEGETABLES: Black-Eyed Peas Peeled Potatoes Most Pickles Cooked Zucchini

MEATS: Salmon, Tuna & Most Other Fish Oysters &

DAIRY: Plain Yogurt **GRAINS:**

Corn Bread & Tortillas Cream of Wheat Most Whole Grain Breads Popcorn with Salt & Butter

Rye, Wheat & Wheat Germ NUTS:

Pistachios & Pine Nuts BEVERAGES:

Kona Coffee Soy, Rice & Almond Milk FATS & OILS: Salted Butter

Maple Syrup

Hummus

Pumpkin & Grape Seed Oil SWEETS: Processed

> Sulphured Molasses MISC: Gelatin

FRUITS: Green Bananas Plums

VEGETABLES: Cooked Green Peas 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 Corn & 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 Grain

Blueberries Fresh Coconut Raw Cranberries Fresh Guava & Sapote Strawberries

FRUITS:

VEGETABLES: Bamboo Shoots Beets without Greens Chives Cooked Brussel Sprouts & Broccoli

BEVERAGES: Cooked Squash

& Eggplant Corn Fresh Cooked Kale

Cooked Soy Beans Okra Potatoes with Skins Radishes\

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: Apples

Currants Gooseberries Ripe Bananas Fresh Oranges Fresh Peaches

VEGETABLES: Bell Pepper Cauliflower Raw Green Cabbage Fresh

Mushrooms Jicama & Arrowroot resh Pumpkin Fresh Ripe Olives

Fresh Tomato urnips, Parsnip & Kohlrabi Turnip Greens

GRAINS: Wilde Rice Sesame Seeds NUTS:

Almonds BEVERAGES: Natural

Unsweetened Fruit Juices Sake FATS & OILS:

Fish Oil

SWEETS:

Unsulphered Molasses

MISC:

Most Fresh lerbs & Spices

Miso Soup

Vegetable Sea Salt

Apple Cider Vinegar

MISC: Cayenne Cinnamon FRUITS: FRUITS: Watermelon .oganberries VEGETABLES

resh Mangos Raw Broccoli & Pineapple Straw, Wheat, Lemon & Other Green Grasses Fresh Raspberries **Tangerines** otato Skins On neboshi Plum Raw Kale

VEGETABLES Raw Mustard Artichokes eets with Gree **BEVERAGES** Raw Celery Fresh Raw Blended Green Endive Grasses Drinks Raw Eggplan

> Air Water Life Water Ionizers Alkaline Wate 9.0 to 10.0 pH

FRUITS: Fresh Lemon

VEGETABLES Raw Brussel Sprouts Raw Swiss Char Kimchi & Other Vegetables Raw Spinach

> MISC: Baking Soda

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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 guideline 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