When looking at our bodies, there are many factors that make cells and tissues work properly - hydration, temperature, availability of nutrients, and a balanced pH “potential of hydrogen”.

In order for a “healthy body” to function properly, it needs to be slightly alkaline, meaning that the pH level of the body needs to be in a more “alkaline” rather than “acidic” state.

The blood from our lungs into our heart has the highest pH scale in the entire body and is the most important, and therefore most protected, pH measurement.

Our blood requires and actually enforces pH balance. In order for blood to effectively act as a medium of oxygen and other vital nutrients, our body needs to maintain equilibrium at a pH level of 7.365, which is slightly alkaline. A lower pH level is more acidic, and a higher pH level is considered more alkaline.

Luckily, our kidneys do most of the work in controlling our pH by maintaining electrolyte levels and excreting and reabsorbing acidic and alkaline ions through the urine.

Changes in our body’s pH levels can cause a major impact on our health.

**ALKALOSIS**

Caused by a high pH level and can cause:
- Confusion
- Muscle twitching
- Nausea

**ACIDOSIS**

Caused by a low pH level and can cause:
- Chronic illness
- Osteoporosis
- Arthritis
- Blocked lymph nodes
- Fatigue
- Headaches & more

Could your body be too acidic?

The Standard American Diet (SAD) is highly acidic. When we eat too many acid-forming foods, our kidneys can’t always keep up. This forces our body to pull valuable alkaline minerals - including calcium, sodium, potassium and magnesium – from our bones and vital organs to buffer (neutralize) the acid and safely remove it from the body.

**HABITS THAT CAUSE ACIDITY IN THE BODY**

Some of the biggest offenders include:
- High caffeine intake
- Alcohol & drug use
- Antibiotic overuse
- Artificial sweeteners
- Chronic stress
- Low levels of fiber in the diet
- Lack of exercise
- Over-exercise
- Excess animal meats in the diet (from non grass-fed sources)
- Over exposure to chemicals and radiation from household cleaners, building materials, computers, cell phones and microwaves
### acid/alkaline | food & beverage comparison chart

**IMPORTANT:** A food’s acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body, so, like nearly all animal products, meat is very acid-forming.

#### MORE ACIDIC | pH LEVELS

**EAT LESS**

<table>
<thead>
<tr>
<th>pH 3.0</th>
<th>4.0</th>
<th>5.0</th>
<th>6.0</th>
<th>7.0</th>
<th>8.0</th>
<th>9.0</th>
<th>10.0</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEATS</td>
<td>Chicken</td>
<td>Pork</td>
<td>Mussels &amp; Squid</td>
<td>Shellfish (whole)</td>
<td>Lamb &amp; Goat</td>
<td>Oysters</td>
<td>Wild Duck</td>
</tr>
<tr>
<td>DAIRY</td>
<td>Ice Cream</td>
<td>Soft Cheese</td>
<td>Cottage Cheese</td>
<td>Cow’s Milk</td>
<td>Cream</td>
<td>Yogurt</td>
<td>Soya Milk</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Cranberries</td>
<td>Prunes</td>
<td>Green &amp; Snow Peas</td>
<td>Pinto, Navy &amp; Black Beans</td>
<td>Garbanzos</td>
<td>Kidney &amp; Lima Beans</td>
<td>Fresh Corn</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Potato</td>
<td>Skinned</td>
<td>White</td>
<td>Whole</td>
<td>White</td>
<td>Wheat &amp; Corn</td>
<td>Rye Bread</td>
</tr>
<tr>
<td>BEVERAGES</td>
<td>Coffee</td>
<td>(milk &amp; Sugar)</td>
<td>Sweetened Fruit Juice</td>
<td>Most Beer &amp; Wine</td>
<td>Reverse Osmosis Water</td>
<td>Most Bottled Water</td>
<td>Most Bottled Water &amp; Sports Drinks</td>
</tr>
<tr>
<td>MISC</td>
<td>Salted Peanut Butter</td>
<td>Trans Fatty Acids</td>
<td>Tomato Sauce</td>
<td>Popcorn</td>
<td>Sesame, Safflower, Canola &amp; Almond Oil</td>
<td>Red Wine Vinegar</td>
<td>Soy Sauce</td>
</tr>
</tbody>
</table>
| **MORE ACIDIC | pH LEVELS**

**EAT LESS**

| MEATS | Beef | Bacon & Sausage | Shellfish (processed) | Lobster | Chicken | Pork | Mussels & Squid | Shellfish (whole) | Lamb & Goat | Oysters | Wild Duck |
| DAIRY | Ice Cream | Soft Cheese | Cottage Cheese | Cow’s Milk | Cream | Yogurt | Soya Milk |
| VEGETABLES | Cranberries | Prunes | Green & Snow Peas | Pinto, Navy & Black Beans | Garbanzos | Kidney & Lima Beans | Fresh Corn |
| VEGETABLES | Potato | Skinned | White | Whole | White | Wheat & Corn | Rye Bread |
| BEVERAGES | Coffee | (milk & Sugar) | Sweetened Fruit Juice | Most Beer & Wine | Reverse Osmosis Water | Most Bottled Water | Most Bottled Water & Sports Drinks |
| MISC | Salted Peanut Butter | Trans Fatty Acids | Tomato Sauce | Popcorn | Sesame, Safflower, Canola & Almond Oil | Red Wine Vinegar | Soy Sauce | Sugar/Cocoa | Mayo | Ketchup | Soy Cheese | Balsamic Vinegar | Tahini | Molasses | Gelatin | Iodized Table Salt |

#### NEUTRAL

**TAP WATER**

| DAIRY & EGGS | Edge Yolks | Raw Cow Milk & Cream | Unsalted Butter | Margarine | Coconut Milk |
| FRUITS & VEGETABLES | Orange | Pineapple | Pink Grapefruit | Apricots | Blueberries | Strawberries | Blackberries | Mushrooms | Tomatoes | Bananas | Grapes | Pomegranate | Turnips & Parsnips | Bell Peppers | Cooked Soybeans | Bamboo Shoots | Fresh Corn | Okra | Chives | Radishes/Tofu |
| MEATS | Salmon & Tuna | Oysters | Wild Duck | Venison | Liver & Other Organ Meats | Kidney & Lima Beans | Plums | Cooked Spinach | Edamame (extra firm) | Fresh Coconut | Dates | Figs | Prunes |
| DAIRY | Cow’s Milk | Cream | Yogurt | Aged Cheese | Salted Butter | Buttermilk |
| VEGETABLES | Potatoes | Skinned | Rolled Oats & Oat Bran | Rice Cakes | Pine Nuts |
| BEVERAGES | Reverse Osmosis Water | Most Bottled Water | Sports Drinks | Processed Juice | Milk | Unsweetened Soy & Rice | Distilled & Purified Water | Black Tea & Coffee | Dry Red Wine | Draft Beer or Dark Stout |
| MISC | Soy Cheese | Balsamic Vinegar | Tahini | Molasses | Gelatin | Iodized Table Salt | Hummus | Pumpkin & Grape Seed Oil |

#### MORE ALKALINE | pH LEVELS

**EAT MORE**

| FRUITS & VEGETABLES | Oranges | Pineapple | Pink Grapefruit | Apricots | Blueberries | Strawberries | Blackberries | Mushrooms | Tomatoes | Bananas | Grapes | Pomegranate | Turnips & Parsnips | Bell Peppers | Cooked Soybeans | Bamboo Shoots | Fresh Corn | Okra | Chives | Radishes/Tofu |
| MEATS | Salmon & Tuna | Oysters | Wild Duck | Venison | Liver & Other Organ Meats | Kidney & Lima Beans | Plums | Cooked Spinach | Edamame (extra firm) | Fresh Coconut | Dates | Figs | Prunes |
| DAIRY | Cow’s Milk | Cream | Yogurt | Aged Cheese | Salted Butter | Buttermilk |
| VEGETABLES | Potatoes | Skinned | Rolled Oats & Oat Bran | Rice Cakes | Pine Nuts |
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| MISC | Soy Cheese | Balsamic Vinegar | Tahini | Molasses | Gelatin | Iodized Table Salt | Hummus | Pumpkin & Grape Seed Oil |

**HIGH ALKALINE ONIZED WATER**

- Spinach
- Broccoli
- Artichokes
- Red Cabbage
- Collard Greens
- Cucumber
- Onions
- Asparagus
- Watermelon
- Lemons & Limes
- Cantaloupe & Honeydew
- Fresh Black Cherries
- Raspberries
- Brussels Sprouts
- Swiss Chard
- Kimchi
- Kola
- Lemon & Alfalfa Grass
- Kelp, Kargano & Other Seaweeds
- *Raw/Uncooked*
- **GRAPES & NUTS**
- Alfalfa & Other Sprouted Grains
- Dried Pumpkin Seeds
- Almonds
- **BEVERAGES**
- Raw Vegetable Juice
- Green Grasses Drinks
- Mineral Water
- **MISC**
- Fresh Garlic
- Parsley & Cilantro
- Dulse Flakes
- Celtic Sea Salt
- Ginagro Biola
- Himalayan Salt

#### 80/20

Eat 80% alkaline & 20% acid forming foods and drinks for optimum health.

Following a healthy diet filled with nutrient-rich, unprocessed foods and reducing your intake of acid-forming foods and beverages is the ultimate way to achieving optimal health.

Studies show that limiting your intake of acidic foods and beverages helps improve bone density, reduces the risk of kidney stones, lowers chronic pain, improves hormone levels and helps alleviate acid reflux symptoms.

**Beware!** Colas are extremely acidic!

*IMPORTANT:* This chart is intended to provide general guidelines in improving body pH and related good health. This chart reflects 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. Results of pH testing may vary depending on testing conditions, product brand, growing region and numerous other factors which account for the number of conflicting charts and other published digital sources. In an effort to be as accurate as possible, this chart was compiled using extensive published sources and onsite research. SOURCES: awaterlife.com, phreshproducts.com