

DRINK IONIZED WATER FOR HEALTH

pH FOOD CHART

pH Chart by:
RICHARD PANSON
 NUTRITIONAL MICROBIOLOGIST
 HealthyBodyCoach@gmail.com
 www.rickpanson.com
 212-533-5256

<p>DRINK IONIZED WATER 1 LITER per 30 lbs <u>DAILY</u></p> <p>↑</p> <p>CONSUME FREELY</p> <p>ALKALINE</p> <p>↓</p> <p>Most foods get more acidic when cooked</p>	<p>pH 10.0 1,000x more Alkaline</p>	<p>High Alkaline Ionized Water Raw Spinach Raw Broccoli Artichokes Raw Asparagus</p>	<p>Red Cabbage Raw Celery Cauliflower Collard Greens Cucumber Raw Kale</p>	<p>Dandelion Seaweeds Raw Onions Lemons & Limes Rhubarb Stalks Soy Lecithin-pure</p>	<p>Alfalfa Grass Barley Grass Wheat Grass Black Radish Soy Sprouts Chia Sprouts</p>
	<p>pH 9.0 100x more Alkaline</p>	<p>Avocados Borage Oil Green Tea Most Lettuce Raw Zucchini</p>	<p>Red Radish Red Beets Raw Tomato French Beans Parsley-Cilantro</p>	<p>Raw Peas Raw Eggplant Alfalfa Sprouts Green Beans Beet Greens</p>	<p>Garlic or Chives Dog/Shave Grass Straw Grass Lemon Grass Cayenne Pepper</p>
	<p>pH 8.0 10x more Alkaline</p>	<p>Brussel Sprouts Endive Green Cabbage Cooked Spinach Cooked Broccoli Cook Asparagus</p>	<p>Lima Beans Soy Beans-Fresh Navy Beans Cooked Peas Cook Eggplant Sour Grapefruit</p>	<p>Raw Almonds Wild Rice Quinoa Millet Flax Seed Oil Most Lettuce</p>	<p>Chicory Olives Bell Peppers Watercress White Radish Lamb's Lettuce</p>

<p>NEUTRAL</p>	<p>pH 7.0 NEUTRAL</p>	<p>Most Tap Water Municipalities adjust tap water to be +/- 7.2 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc. Human Blood pH is 7.365</p>	<p>Most Olive Oils Pumpkin Seeds Primrose Oil Marine Lipids Sesame Seeds Raw Goat Milk</p>	<p>Fennel Seeds Sunflower Seeds Leeks (bulbs) Coconut & Oil Barley Sprouted Breads</p>
-----------------------	----------------------------------	--	--	--

<p>↑</p> <p>20:1 It takes 20 parts of ALKALINITY to Neutralize 1 part ACIDITY in the body</p> <p>ACIDIC</p> <p>↓</p> <p>Consume sparingly or never</p>	<p>pH 6.0 10x more Acidic</p>	<p>Fresh H2O Fish Lentils Spelt Soy Flour Brazil Nuts Wheat Kernels Dried Coconut</p>	<p>Macadamias Grapes Hazelnuts Brown Rice Wheat Papaya Stevia & Agave</p>	<p>Watermelon Cantaloupe Cherries Strawberries Plums Blueberries Raspberries</p>	<p>Dates Peaches Oranges Pineapple Banana Mango Walnuts</p>
	<p>pH 5.0 100x more Acidic</p>	<p>Most Bottled Waters Honey Cooked Beans Bread Liver Organ Meats Cocoa Soy Milk</p>	<p>White Rice Potatoes Butter-Corn Oil Soft Cheeses Milk & Cream Cooked Tomato Sweet Potatoes</p>	<p>Whole Grain Rye Bread Pistachios Chocolate Fruit Juice Cashews Oysters</p>	<p>Rice Cakes Turbinado Sugar Ketchup & Mayo Figs & Prunes Rose Hips Cooked Corn Wheat Bran</p>
	<p>pH 4.0 1,000x more Acidic</p>	<p>Turkey Ocean Fish Chicken & Eggs Hard Cheeses Mustard</p>	<p>Canned Fruits Beer & Wines Cream Cheese Most Pastries Popcorn</p>	<p>Peanuts Fruit Drinks Beet Sugar White Sugar White Bread</p>	<p>Coffee White Biscuits Cranberries Buttermilk Tomato Sauce</p>
	<p>pH 3.0 10,000x more Acidic</p>	<p>Pork Veal Beef Lamb Pickles Vinegar</p>	<p>Black Tea Soy Sauce Hard Liquors Canned Foods Processed Foods Microwaved Foods</p>	<p>Sweetened Fruits & Juices Stress, Worry, Lack of Sleep Tobacco Products (Chewed or Smoked) Artificial Sweeteners (Sweet n' Low, Equal) 16oz. Chocolatty-Mocha-Frappuccinos SODAS & Carbonated Beverages</p>	

These pH values are not meant to be considered "absolute". They are to help you understand "relatively" how foods digest... what creates more ACIDITY or what creates more ALKALINITY.