



JUICE GURU

PH Food Chart



ACIDIC PH SPECTRUM ALKALINE

3 Carbonated water, club soda, energy drinks

4 Popcorn, cream cheese, buttermilk, prunes, pastries, pasta, cheese, pork, beer, wine, black tea, pickles, chocolate, roasted nuts, vinegar, sweet and low, equal, nutra sweet

5 Most purified water, distilled water, coffee, sweetened fruit juice, pistachios, beef, white bread, peanuts, nuts, wheat, blueberries, cranberries

6 Fruit juices, most grains, eggs, fish, tea, cooked beans, cooked spinach, soy milk, coconut, lima beans, plums, brown rice, barley, cocoa, oats, liver, oyster, salmon

7 Most tap water, most spring water, sea water, river water

8 Apples, almonds, avocados, tomatoes, grapefruit, corn, mushrooms, turnip, olive, soybeans, peaches, bell pepper, radish, pineapple, cherries, wild rice, apricot, strawberries, bananas

9 Avocados, green tea, lettuce, celery, peas, sweet potatoes, egg plant, green beans, beets, blueberries, pears, grapes, kiwi, melons, tangerines, figs, dates, mangoes, papayas

10 Spinach, broccoli, artichoke, brussel sprouts, cabbage, cauliflower, carrots, cucumbers, lemons, limes, seaweed, asparagus, kale, radish, collard greens, onion