Alkaline & Acidic Foods Chart: The pH Spectrum

BY MINDBODYSGREEN
JUNE 15, 2012 1:00 PM EDT

MBG wellness expert, Kris Carr gave us a great introduction to pH, now check out this informative chart on the pH spectrum, which summarizes what foods are acidic or alkaline forming.

What do you think?
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- **pH 3**: Carbonated Water, Club Soda, Energy Drinks
  - Popcorn, Cream Cheese, Buttermilk, Prunes
  - Pastries, Pasta, Cheese, Pork, Beer, Wine
  - Black Tea, Pickles, Chocolate, Roasted Nuts
  - Vinegar, Sweet and Low, Equal, Nutra Sweet

- **pH 4**: Most Purified Water, Distilled Water, Coffee
  - Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat

- **pH 5**: Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Gats, Liver, Oyster, Salmon

- **pH 6**: Neutral pH
  - Most Tap Water, Most Spring Water, Sea Water, River Water
  - Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas

- **pH 7**: Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas

- **pH 8**: Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion

- **pH 9**: MindBodyGreen
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