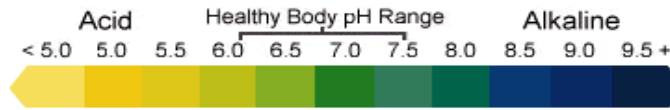


## If you're Alkaline - Disease can't grow! It's your choice!

From 7pH Neutral to 6 or 8=10 times stronger, 5 or 9=100 times, 4 or 10=1000 times 3 or 11=10,000 times 2.5 and 11.5 = 50,000 stronger water than 7pH



| Most Acid                                  | Acid  | Lowest Acid                                      | FOOD CATEGORY            | Lowest Alkaline   | Alkaline   | Most Alkaline   |
|--|---|--|--------------------------|---|--|---|
| NutraSweet, Equal, Aspartame, Sweet 'N Low | White Sugar, Brown Sugar                                      | Processed Honey, Molasses                        | SWEETENERS               | Raw Honey, Raw Sugar  | Maple Syrup, Rice Syrup  | Stevia  |
| Blueberries, Cranberries, Prunes           | Sour Cherries, Rhubarb  | Plums, Processed Fruit Juices                    | FRUITS                   | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados                                      | Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins       | Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas                     |
| Chocolate                                  | Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans | Cooked Spinach, Kidney Beans, String Beans       | BEANS VEGETABLES LEGUMES | Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob | Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic |
| Peanuts, Walnuts                           | Pecans, Cashews   | Pumpkin Seeds, Sunflower Seeds                   | NUTS SEEDS               | Chestnuts   | Almonds  |   |
|  |   | Corn Oil   | OILS                     | Canola Oil  | Flax Seed Oil  | Olive Oil   |
| Wheat, White Flour, Pastries, Pasta        | White Rice, Corn, Buckwheat, Oats, Rye                        | Sprouted Wheat Bread, Spelt, Brown Rice          | GRAINS CEREALS           | Amaranth, Millet, Wild Rice, Quinoa   |  |   |
| Beef, Pork, Shellfish                      | Turkey, Chicken, Lamb   | Venison, Cold Water Fish                         | MEATS                    |   |  |   |
| Cheese, Homogenized Milk, Ice Cream        | Raw Milk  | Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese | EGGS DAIRY               | Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey  | Breast Milk  |   |
| Beer, Soft Drinks                          | Coffee  | Tea  | BEVERAGES                | Ginger Tea  | Green Tea  | Herb Teas, Lemon Water  |