

# FOOD IMPACT ON BODY pH CHART

Consume Fewer Unhealthy Acid Producing Foods and More Healthy Alkaline Ones Including Ionized Alkaline Water



Chart Developed by...  
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**Important Notes:** 1) This chart reflects the 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. For example, though lemons and limes are chemically acids, when metabolized in the body, they have an alkalinizing effect and are very beneficial. By the same token, though undigested meats test as alkaline, after meat is eaten, it releases acids into body. 2) Results of pH testing may vary depending on testing conditions, product brand, growing region and numerous other factors which accounts for the number of conflicting charts and other published and on-line sources. I an effort to be as accurate as possible, this chart was compiled using extensive published and onsite research pulling from as many of the best quality charts and sources as possible and statistically averaging the results where there were conflicts. As such, while we believe this chart to be one of, if not the best, and most accurate available, we encourage users to treat it and all similar charts as a general guideline in improving body pH and related good health by consuming more healthy alkaline foods and ionized water and less fewer unhealthy acidic foods and beverages.