# Food Impact on Body pH Chart

## Acidic Substances

Food, Beverages, Etc. that Increase Body Acidity

### 3.0
- MEATS: Bacon Sausages
- DAIRY: Processed Cheeses
- BEVERAGES: Soda
- SWEETS: Pudding
- MISC: French Fries & Most Other Fries

### 3.5
- MEATS: Canned Tuna
- D.I.RY: Ice Cream
- BEVERAGES: Reverse Osmosis Filtered Water
- MISC: White Vinegar

### 4.0
- MEATS: Beef & Pork Mutton, Squid, & Other Mollusks
- DAIRY: Goat Cheese
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Artificial Sweeteners
- MISC: Most Monosodium Glutamate

### 4.5
- MEATS: Most Frozen & Canned Vegetables
- DAIRY: Cottage Cheese
- BEVERAGES: Most Wine
- SWEETS: Powdered Sugar or Liquid Stevia
- MISC: Balsamic Vinegar, Cigarettes

### 5.0
- MEATS: Most Wild Game
- DAIRY: Cocoa Mix, Rice Cakes
- BEVERAGES: Mineral Water
- SWEETS: Most Milk or Liquid Stevia
- MISC: White Vinegar

### 5.5
- MEATS: Chicken, Turkey, Duck & Goose
- DAIRY: Ricotta Cheese
- BEVERAGES: Most Yeast Fermented Beverages
- SWEETS: Cinnamon
- MISC: White Vinegar

### 6.0
- MEATS: Cooked Green Beans
- DAIRY: Vegetable Milk
- BEVERAGES: Most Yeast Fermented Beverages
- SWEETS: Sugar
- MISC: White Vinegar

### 6.5
- MEATS: Most Vegetables
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia
- MISC: White Vinegar

### 7.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 7.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 8.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 8.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 9.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 9.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 10.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

## Neutral Substances

Food, Beverages, Etc. that Improve Body Acidity

### 4.0
- MEATS: Most Legumes
- DAIRY: Sour Cream
- BEVERAGES: Alkaline Alkaline Water
- SWEETS: Dates
- MISC: White Vinegar

### 4.5
- MEATS: Most Frozen & Canned Vegetables
- DAIRY: Ricotta Cheese
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Cinnamon
- MISC: White Vinegar

### 5.0
- MEATS: Chicken, Turkey, Duck & Goose
- DAIRY: Ricotta Cheese
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Cinnamon
- MISC: White Vinegar

### 5.5
- MEATS: Most Vegetables
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 6.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 6.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 7.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 7.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 8.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 8.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 9.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 9.5
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

### 10.0
- MEATS: Processed Canned Canned
- DAIRY: Vegetable Milk
- BEVERAGES: Reverse Osmosis Filtered Water
- SWEETS: Stevia, Pure Sugar
- MISC: White Vinegar

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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 acid, when metabolized in the body, they have an alkaliizing 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 am effort to believe 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 the best, 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.