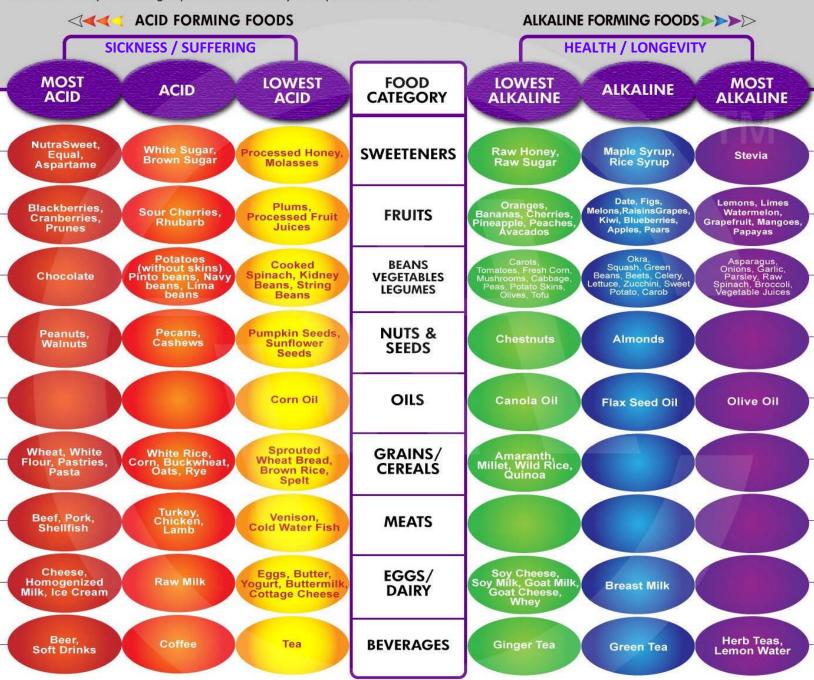
ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.



*The colors used for this chart are not directly relative to the pH scale.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

A healthy diet should only be 20% Acidic (meat & potatoes) and 80% Alkaline (greens & veggies). Your blood is 92% water & needs a 7.365 pH for excellent health. Healthy blood = a healthy body. Americans are way to acidic because of unhealthy diet, sodas, store water, stress, drugs, pollution, etc. A Kangen Alkaline Water machine purifies neutral tap water and then ionizes it to 9.5 pH healthy water. Kangen Water goes a l-o-n-g way to transform your health. Change Your Water ... Change Your Life!! For \$16-\$47 pm, 12 months interest free, own a Kangen machine → www.AlkalineWaterCure.com