

What is the pH Balance of the Foods We Eat?

Pork, Veal, Hamburgers, Polished White Rice	Acid		pH=0	Battery Acid, Strong Hydrofluoric Acid	
Beef, Oysters, Crab Lobster, Shrimp			pH=1	Hydrofluoric Acid Secreted by Stomach Lining	
Ham, Turkey, Chicken, Coffee, Tea			pH=2	Lemon Juice, gastric Acid, Vinegar	
Eggs, Liquor, chocolate			pH=3	Grapefruit Juice, Orange Juice, Soda	
Hard Cheese (Parmesan), Fish			pH=4	Acid Rain, Tomato Juice, Beer	
Brown & Wild Rice, Beer, Wine			pH=5	Soft Drinking Water, Black Coffee Pure Rain	
Most Breads, Pasta, Spaghetti			pH=6	Urine, Saliva, Egg Yolks, Cow's Milk	
Whole Grain Breads, Margarine, Nuts			pH=7	Pure Water	
Butter & Cream, Soft Cheeses			pH=8	Sea Water	
Whey, Cow's & Goat's Milk			Neutral	7.35 - 7.45	pH=9
Potatoes, Lentils, Onions, Garlic	pH=10	Great Salt Lake, Milk of Magnesia, Detergent			
Apples, Pears, Bananas, Oranges	pH=11	Ammonia Solution, Household Cleaners			
Raisins, Green Beans, String Beans	pH=12	Soapy Water			
Olives, Molasses, Cabbage, Lettuce	pH=13	Bleaches, Oven Cleaner, Household Lye			
Dandelion Greens, Soy Nuts	pH=14	Liquid Drain Cleaner			
Beets, Celery, Carrots, Tomatoes					
Dried Figs, Mushrooms					
Pure Lecithin, Ginger, Spinach					
Cucumbers, Radishes, Squash	Base				