

DIET CHART & pH CHARACTERISTICS

<u>ACIDIC</u>	<u>Items with pH between 5.9 TO 7</u>	<u>ALKALINE</u>
SUGAR	RAW MILK	WATER MELON
POTATOES	YOGURT	CUCUMBER
CHICKEN	EGG	PINEAPPLE
BEER	COW's MARGARINE	BELL PEPPERS
COFFEE	FRUIT JUICES	ORANGES
PASTA	SOY MILK	ALMONDS
POPCORN	OATS	RADISH
MOST NUTS	MOST FISHES	MUSHROOM
TOMATO SAUCE	WHITE RICE	BANANA
LAMB	TEA	MANGOES
PASTRIES	MOST GRAINS	GRAPES
SODA	PROCESSED JUICES	LETTUCE
PICKLES	WHEAT BREAD	ASPARAGUS
CHOCOLATE	PLUMS	PAPAYA
WINE	FRESH BUTTER	APPLES
CHEESE	OILS EXCEPT OLIVE	KIWI
AERATED DRINKS	SPROUTED WHEAT BREAD	DATES
COOKED CORN	RYE (JOWAR) BREAD	BOILED SPINACH
PROCESSED FOOD	LIMA (SEM) BEANS	BROCOLLI
CRANBERRIES	KIDNEY BEANS (RAJMA)	CARROT
BLACKBERRIES	GOAT's MILK	LEMON WATER
TOBACCO	CHERRIES	CURD
VINEGAR		COCONUT WATER
MICROWAVED FOODS		SWEET POTATOES

IMPORTANT NOTES

1. Source Water are of two types in India - Municipal Supply and Underground. The pH values vary from 5.8 to 6.5 depending on the location and environmental condition. Sharp Vestige Water Purifier retains similar pH of Filtered Water. However in some cases it may be little lesser.
2. Our human body pH for blood is 7.365 and Gall Bladder discharges biles into the deodanum to manage it
3. Most foods gets more acidic when cooked, due to Oxidisation
4. Raw vegetables and fruits are highly Alkaline
5. Alkaline Water pH is somewhere between 8.5 to 9.