**The Ultimate Acid-Alkaline Food and Drink Chart**

The pH scale is a measure of acidity, with lower values indicating stronger acids and higher values indicating stronger bases. Foods and drinks can be categorized into different pH ranges, which helps guide dietary choices for better health.

**Acidic Foods**

- Processed foods
- Fast foods
- Fatty foods
- Red meat
- Dairy
- Alcohol
- Coffee
- Sugar

**Alkaline Foods**

- Fresh fruits and vegetables
- Nuts and seeds
- Legumes
- Whole grains
- Leafy greens

**Neutral Foods**

- Natural water
- Most beverages
- Many whole grains
- Many vegetables

**How to Use the Chart**

- **Eat Less of These**
  - Processed, fatty, and acidic foods
- **Eat More of These**
  - Fruits, vegetables, nuts, seeds, and whole grains

**Sources of Acidic and Alkaline Foods**

- **Vegetables**
  - Broccoli
  - Bell Peppers
  - Beets
  - Artichokes
- **Fruits**
  - Sugar
  - Pomegranates
  - Strawberries
  - Blueberries
- **Beverages**
  - Wine
  - Vodka
  - Beer
- **Nuts and Seeds**
  - Pistachio Nuts
  - Pine Nuts
  - Hazelnuts
- **Dried Fruits**
  - Dried Cranberries
  - Pecans
  - Pomegranates

This chart is designed to help guide you to make better dietary choices based on the pH value of foods.

[Website: www.alkalife.com]