

# THE ULTIMATE ACID-ALKALINE FOOD AND DRINK CHART

All foods have a pH value and are either acid-forming, alkaline-forming or have neutral pH. Diets that stress high acid-forming foods can lead to chronic acidosis that will weaken health and ultimately create a breeding ground for adult degenerative disease. The Acid-Alkaline Food Chart below is designed to help guide you to make better dietary choices based on the pH value of foods.

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