Cerra pH Food Chart

Drink 8.5-9.5 pH Alkaline Antioxidant Cerra Water
At least half your body weight in ounces every day!

Alkaline food and water improve mental alertness, reduce in-flammation reduce bone loss, improve circulation Reduce pain

Reduce blood sugar reduce blood pressure Reduce choles-terol

Visit our water library at www. cerrawater .com

Lack of sleep, overwork, stress, Tobacco smoke and worry are major acidifiers

Alkaline Foods

- 10.0
- 9.5
- 9.0
- 8.5
- 7.6

Neutral Foods

- 7.0

Acidic Foods

- 6.6
- 6.0
- 5.0
- 4.0

Cerra Water
Artichokes
Asparagus
Raw Broccoli
Raw Celery
Raw Spinach
Alfalfa Sprouts
Avocado
Beets & greens
Blueberries
Raw Eggplant
Figs & Dates
Sprouted Grains
Apples
Almonds
Apricots
Bananas
Bell Peppers
Green Cabbage
Cantaloupe

Most Tap Water Is Neutral Ph
Municipalities vary in the pH of their water source

Barley, Brown Rice
Sprouted Wheat Bread
Coloa
Coconut
Eggs
Fish
Cold Water Fish
Fruit Juices
Oats
Black Cooked Beans
Garbanzo Beans
Navy, Pinto Beans
Beer
Wheat Bran

Reverse Osmosis Water
Beef
Blackberries
White Bread
Buttermilk
Coffee
Cranberries
Cheese
Goat Cheese
Chocolate
Lamb

Raw Brussels Sprouts
Carrots
Cauliflower
Raw Collards & Kale
Cucumber
Grapes
Raw Green Beans
Herbal & Green Tea
Kiwi
Most lettuce
Mangoes & Papayas
Melons
Fresh Corn
Grapefruit
Honeydew
Millet
Mushrooms
Turnip
Olives
Oranges

Most Grains
Processed Juices
Kidney & Lima Beans
Liver
Goat's Milk
Rice &Almond Mild Milk, Yogurt
Oysters
Butter, salted
Chicken, Turkey
Cooked Corn
Canned Fruit
Lentils

Distelled & Purified Water
Cream Cheese
Sweetened Fruit Juice
Most Nuts
Peanuts
Pastries
Pasta
Pickle
Pork
Soda

Lemons & Limes
Raw Onions
Potaot Skins
Red Cabbage
Seaweeds
Olive Oil
Pears
Raw Peas
Sweet Potato
Tangerines
Raw Tomato
Raw Zucchini
Peaches
Pineapple
Radish
Soybeans
Strawberries
Wild Rice
Cherries
Fresh unsalted butter
Fresh raw cream
Raw cows milk
Margarine
Oils, except Olive
Plums
Rye Bread
Salmon
Soy Milk
Spelt
Cooked Spinach
Tea
Tuna
Potatoes w/o skins
White Rice
Rice Cakes
Rhubarb
Sugar

Most Bottled Waters
Pistachios
Popcorn
Prunes
Tomato Sauce
Wheat
Shellfish
Black Tea
Vinegar
Walnuts
Wine