

Eat balanced pH



An acidic pH puts us at risk for certain illness and diseases. Not to mention premature aging, osteoporosis, weight gain, poor skin & hair health, and internal toxin build-ups resulting in frequent colds, flu and headaches.

Combined with a healthy diet and regular exercise, balancing your pH is as easy as taking 1 serving of **greens+** every day. Only research-proven **greens+** contains the 23 natural ingredients our body needs to efficiently maintain a balanced pH.



Use this food guide when shopping and meal planning to help you keep your body's pH balance in check.

(pH level meter) acidic 6.0 ← → alkaline 8.0

FOODS	6.0	6.4	6.8	7.0	7.2	7.8	8.0
VEGETABLES, BEANS, LEGUMES	Most Acid processed soybeans, salted & sweetened peanut butter	Medium Acid salted & unsweetened peanut butter	Low Acid corn, lentils, peanuts w/skin, organic peanut butter, soy protein powder, beans: kidney, lima, navy, pinto, white, black peas: green, split & chick, extra firm tofu, edamame	Low Alkaline brussels sprouts, beets (tops & roots), tomatoes & tomato juice, fresh peas, dark lettuce, all mushrooms, potatoes w/skin, pumpkin, squash, tempeh	Medium Alkaline bell pepper, cauliflower, parsnip, endive, ginger root, sweet potato, cabbage, celery, carrots, asparagus	Most Alkaline broccoli, cucumber, cilantro, garlic, oriental greens, onions, kale, spinach, parsley, sea vegetables, greens+	
FRUITS	cranberry, dried fruit, (sulfured)	prunes, olives, pickles, sweetened fruit juice, canned fruit, jams or preserves	dried fruit, natural figs, dates, bananas, unsweetened canned fruit, natural fruit juice, unsweetened jams & preserves	fresh pineapples, apricots, grapes, blueberries, strawberries, blackberries, papayas	apple, avocado, pink grapefruit, lemon, lime, mango, pear, peach	cantaloupe, honeydew, raisins, nectarine, raspberry, watermelon, fresh black cherries, black olives in oil	
SEASONINGS, HERBS, SPICES	black pepper, MSG, soya sauce, brewer's and nutritional yeast	vanilla, nutmeg, mayonnaise, ketchup	tahini, carob, cocoa regular table salt	most herbs, curry, mustard powder, kola nut, tamari, milk thistle, maca, astragalus, suma, echinacea	cinnamon, ginger, dill, mint, peppermint, turmeric, rhodiola, basil, oregano, licorice root, Siberian ginseng	Celtic sea salt, Real Salt (Great Salt Lake), miso & natto, cayenne, ashwagandha gotu kola, ginkgo biloba, baking soda (sodium bicarbonate)	
BEVERAGES	alcoholic drinks, soft drinks	coffee (milk & sugar)	unsweetened soy milk & rice milk, black tea, black & decaf coffee	dry red wine, unsweetened almond milk, distilled water, beer (draft) or dark stout, black coffee (organic)	Teas: green, matcha green, ginger, rooibos, chamomile, water, ozonated water, ionized water, aloe vera juice	electron-rich alkaline water, plasma activated water (PAW), greens+	
GRAINS, CEREALS, OTHER	barley, pastries, cakes, tarts, cookies	plain rice protein powder, rolled oats & oat bran, rye, white bread, white pasta & rice	brown & basmati rice, wheat & buckwheat, kasha, amaranth, whole wheat & corn pasta, whole grain bread	whole oats, quinoa, wild rice, millet & spelt, hemp protein powder		bee pollen, soy lecithin granules, dairy-free probiotic cultures	
NUTS, SEEDS, GRASSES, SPROUTS, OILS	pistachios, trans fatty acids, acrylamides	cashews, pecans, walnuts	popcorn, canola oil, grapeseed oil, green soybeans, pine nuts, safflower oil	hazelnuts, flaxseed & sea buckthorn oils, hemp seeds & oil, sesame seeds & oil, sunflower seeds & oil, fresh coconut & oil	extra virgin olive oil, borage & primrose oil, chestnuts, Brazil nuts, light & dark flaxseeds, macadamia nuts, black currant oil	pumpkin seeds, almonds w/skin, plain almond butter w/skin, all sprouts, wheat grass, alfalfa grass, barley grass	
MEATS, FISH & FOWL	beef, lobster	chicken, lamb, pork, veal	fish, turkey, venison, wild duck, seafood	cod liver oil	wild, pure Omega-3 fish oil, CLA (conjugated linoleic acid)		
DAIRY, EGGS	processed cheese, hard cheese, yolk of chicken eggs	soy cheese & soft cheese, ice cream, whole chicken eggs	cow's milk, cream, yogurt, butter, buttermilk, white of chicken eggs	soft goat cheese, fresh goat milk	dairy probiotic cultures, whey protein isolate powder	human breast milk (for nursing infants)	
SWEETENERS	artificial sweeteners	corn syrup & fructose, high-fructose corn syrup, sugar	commercial honey	stevia, brown rice syrup, pure maple syrup, unpasteurized honey	(unsulfured) blackstrap molasses		
VINEGAR	white vinegar	balsamic vinegar	rice vinegar		apple cider vinegar		