

pH target



To Improve and Balance pH:

● **Alkalizing**

● **Acid Forming**

Choose 80% of your food and beverages from the alkaline section of the pH Target, allowing 20% from the non-alkaline section.

Some nutritious foods that tend to be naturally acidic like animal products, beans, and legumes can be paired with naturally alkalizing foods like fruits, vegetables, potatoes and ancient grains for a balanced meal.

When consuming animal products, choose organic when possible.

Coffee, acidic by nature, can fit into a healthy diet if you pair it with a glass of alkaline rich mineral water.