

KANGEN WATER

change your water—
change your life !!!

Alkaline Foods Chart

Food Category	Food	pH Range
Beverages & Drinks	Beer	4.0 to 4.9
Beverages & Drinks	Coffee	5.1
Beverages & Drinks	Cranberry Juice, canned	2.30 - 2.52
Beverages & Drinks	Fruit juice	2.9 - 4.2
Beverages & Drinks	Ginseng , Korean drink	6.00 - 6.50
Beverages & Drinks	Grapefruit Juice, canned	2.90 - 3.25
Beverages & Drinks	Grass jelly	5.80 - 7.20
Beverages & Drinks	Grenadine Syrup	2.31
Beverages & Drinks	Pineapple Juice, canned	3.30 - 3.60
Beverages & Drinks	Prune Juice	3.95 - 3.97
Beverages & Drinks	Sherry-wine	3.37
Beverages & Drinks	Soda/Pop	3.0 - 3.9
Beverages & Drinks	Soy	6.00 - 6.60
Beverages & Drinks	Soy infant formula	6.60 - 7.00
Beverages & Drinks	Soybean milk	7
Beverages & Drinks	Tea	5.6
Beverages & Drinks	Tea (herbal, green)	7.2
Beverages & Drinks	Vegetable Juice	3.90 - 4.30
Beverages & Drinks	Water (Enagic Kangen Water)	8.5 -9.5
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)	6.8
Beverages & Drinks	Wax gourd drink	7.2
Breads, Crackers, & Other	Arrowroot Crackers	6.63 - 6.80
Breads, Crackers, & Other	Bread, Boston, brown	6.53
Breads, Crackers, & Other	Bread, Cracked wheat	5.43 - 5.50
Breads, Crackers, & Other	Bread, pumpernickel	5.40 -
Breads, Crackers, & Other	Bread, Rye	5.20 - 5.90
Breads, Crackers, & Other	Bread, white	5.00 - 6.20
Breads, Crackers, & Other	Bread, whole wheat	5.47 - 5.85
Breads, Crackers, & Other	Corn Tortillas	6.8 to 7.9
Breads, Crackers, & Other	Graham Crackers	7.10 - 7.92
Breads, Crackers, & Other	Matzos	5.7
Breads, Crackers, & Other	Melba Toast	5.08 - 5.30
Breads, Crackers, & Other	Rolls, white	5.46 - 5.52
Breads, Crackers, & Other	Soda Crackers	5.65 - 7.32
Breads, Crackers, & Other	Zwiebach	4.84 - 4.94
Cerals	Oatmeal, cooked	6.20 - 6.60
Cereals	All Bran	5.59 - 6.19
Cereals	Arrowroot Cruel	6.37 - 6.87
Cereals	Bran Flakes	5.45 - 5.67
Cereals	Bran, All Bran	5.59 - 6.19
Cereals	Congee	6.4

Cereals	Corn Flakes	4.90 - 5.38
Cereals	Cream of Wheat, cooked	6.06 - 6.16
Cereals	Puffed Rice	6.27 - 6.40
Cereals	Puffed Wheat	5.26 - 5.77
Cereals	Shredded Ralston	5.32 - 5.60
Cereals	Shredded Wheat	6.05 - 6.49
Cereals	Wheat Krispice	4.99 - 5.62
Cereals	Wheaties	5.00 - 5.12
Condiments & Cooking	Chili Sauce, acidified	2.77 - 3.70
Condiments & Cooking	Coconut milk	6.10 - 7.00
Condiments & Cooking	Cod Liver Oil	6.2
Condiments & Cooking	Curry Paste, acidified	4.60 - 4.80
Condiments & Cooking	Curry sauce	6
Condiments & Cooking	Enchalada sauce	4.40 - 4.70
Condiments & Cooking	Garlic	5.8
Condiments & Cooking	Ginger	5.60 - 5.90
Condiments & Cooking	Horseradish, freshly ground	5.35
Condiments & Cooking	Ketchup	3.89 - 3.92
Condiments & Cooking	Lemon Juice	2.00 - 2.60
Condiments & Cooking	Lime Juice	2.00 - 2.35
Condiments & Cooking	Molasses	4.90 - 5.40
Condiments & Cooking	Mustard	3.55 - 6.00
Condiments & Cooking	Satay sauce	5
Condiments & Cooking	Sauce, Enchilada	5.50 -
Condiments & Cooking	Sauce, Fish	4.93 - 5.02
Condiments & Cooking	Sauce, Shrimp	7.01 - 7.27
Condiments & Cooking	Sauerkraut	3.30 - 3.60
Condiments & Cooking	Soy Sauce	4.40 - 5.40
Condiments & Cooking	Vinegar	2.40 - 3.40
Condiments & Cooking	Vinegar, cider	3.1
Condiments & Cooking	Worcestershire sauce	3.63 - 4.00
Condiments & Cooking	Yeast	5.65
Dairy	Buttermilk	4.41 - 4.83
Dairy	Cheese Dip	5.8
Dairy	Cheese, American, mild	4.98
Dairy	Cheese, Camembert	7.44
Dairy	Cheese, Cheddar	5.9
Dairy	Cheese, Cottage	4.75 - 5.02
Dairy	Cheese, Cream, Philadelphia	4.10 - 4.79
Dairy	Cheese, Edem	5.4
Dairy	Cheese, Old English	6.15
Dairy	Cheese, Parmesan	5.20 - 5.30
Dairy	Cheese, Roquefort	5.10 - 5.98
Dairy	Cheese, Snippy	5.18 - 5.21
Dairy	Cheese, Stilton	5.7
Dairy	Cheese, Swiss Gruyere	5.68 - 6.62
Dairy	Cream, 20 per cent	6.50 - 6.68
Dairy	Cream, 40 per cent	6.44 - 6.80
Dairy	Milk, Acidophilus	4.09 - 4.25
Dairy	Milk, condensed	6.33
Dairy	Milk, cow	6.40 - 6.80
Dairy	Milk, evaporated	5.90 - 6.30
Dairy	Milk, Goat's	6.48
Dairy	Milk, peptonized	7.1

Dairy	Milk, Sour, fine curd	4.70 - 5.65
Fish & Seafood	Abalone	6.10 - 6.50
Fish & Seafood	Anchovies	6.5
Fish & Seafood	Anchovies, stuffed w/capers, in olive oil	5.58
Fish & Seafood	Bass, sea, broiled	6.58 - 6.78
Fish & Seafood	Bass, striped, broiled	6.50 - 6.70
Fish & Seafood	Bluefish, Boston, filet, broiled	6.09 - 6.50
Fish & Seafood	Calamari (Squid)	5.8
Fish & Seafood	Carp	6
Fish & Seafood	Caviar, American	5.70 - 6.00
Fish & Seafood	Clams	6.00 - 7.10
Fish & Seafood	Codfish, boiled	5.30 - 6.10
Fish & Seafood	Conch	7.52 - 8.40
Fish & Seafood	Crab meat	6.50 - 7.00
Fish & Seafood	Crabmeat, cooked	6.62 - 6.98
Fish & Seafood	Cuttlefish	6.3
Fish & Seafood	Eel	6.2
Fish & Seafood	Flounder, boiled	6.10 - 6.90
Fish & Seafood	Flounder, fillet, broiled	6.39 - 6.89
Fish & Seafood	Haddock, Filet, broiled	6.17 - 6.82
Fish & Seafood	Herring	6.1
Fish & Seafood	Herring, Pickled	4.50 - 5.00
Fish & Seafood	Kippered, Herring, Marshall	5.75 - 6.20
Fish & Seafood	Lobster, cooked	7.10 - 7.43
Fish & Seafood	Mackerel, canned	5.90 - 6.40
Fish & Seafood	Mackerel, King, boiled	6.26 - 6.50
Fish & Seafood	Mackerel, Spanish, broiled	6.07 - 6.36
Fish & Seafood	Milkfish	5.3
Fish & Seafood	Mussels	6.00 - 6.85
Fish & Seafood	Octopus	6.00 - 6.50
Fish & Seafood	Oyster Stew, condensed	6.30 -
Fish & Seafood	Oyster, smoked	6
Fish & Seafood	Oysters	5.68 - 6.17
Fish & Seafood	Pollack, filet, broiled	6.72 - 6.82
Fish & Seafood	Porgy, broiled	6.40 - 6.49
Fish & Seafood	Razor Clams	6.2
Fish & Seafood	Salmon, fresh, boiled	5.85 - 6.50
Fish & Seafood	Salmon, fresh, broiled	5.36 - 6.40
Fish & Seafood	Salmon, Red Alaska, canned	6.07 - 6.16
Fish & Seafood	Sardine, Portuguese, in olive oil	5.42 - 5.93
Fish & Seafood	Sardines	5.70 - 6.60
Fish & Seafood	Scallop	6
Fish & Seafood	Sea Snail (Top shell)	6
Fish & Seafood	Shad Roe, sauted	5.70 - 5.90
Fish & Seafood	Shrimp	6.50 - 7.00
Fish & Seafood	Shrimp Paste	5.00 - 6.77
Fish & Seafood	Smelts, Sauted	6.67 - 6.90
Fish & Seafood	Squid	6.00 - 6.50
Fish & Seafood	Sturgeon	6.2
Fish & Seafood	Trout, Sea, sauted	6.20 - 6.33
Fish & Seafood	Tuna Fish, canned	5.90 - 6.20
Fruits	Ackees	5.5
Fruits	Apple: Delicious	3.9

Fruits	Apple: Golden Delicious	3.6
Fruits	Apple: Jonathan	3.33
Fruits	Apple: Juice	3.35 - 4.00
Fruits	Apple: McIntosh	3.34
Fruits	Apple: Sauce	3.10 - 3.60
Fruits	Apple: Winesap	3.47
Fruits	Apricots	3.30 - 4.80
Fruits	Avocados	6.27 - 6.58
Fruits	Banana, yellow	5.00 - 5.29
Fruits	Bananas	4.50 - 5.20
Fruits	Bananas, red	4.58 - 4.75
Fruits	Blackberries, Washington	3.85 - 4.50
Fruits	Blueberries, frozen	3.11 - 3.22
Fruits	Blueberries, Maine	3.12 - 3.33
Fruits	Breadfruit, cooked	5.33
Fruits	Cantaloupe	6.13 - 6.58
Fruits	Cherries, black, canned	3.82 - 3.93
Fruits	Cherries, California	4.01 - 4.54
Fruits	Cherries, frozen	3.32 - 3.37
Fruits	Cherries, Maraschino	3.47 - 3.52
Fruits	Cherries, red, Water pack	3.25 - 3.82
Fruits	Cherries, Royal Ann	3.80 - 3.83
Fruits	Dates, canned	6.20 - 6.40
Fruits	Dates, Dromedary	4.14 - 4.88
Fruits	Figs, Calamyrna	5.05 - 5.98
Fruits	Figs, canned	4.92 - 5.00
Fruits	Fruit cocktail	3.60 - 4.00
Fruits	Gooseberries	2.80 - 3.10
Fruits	Grape, Muscadine	3.20 - 3.40
Fruits	Grapefruit	3.00 - 3.75
Fruits	Grapefruit, canned	3.08 - 3.32
Fruits	Grapes, canned	3.50 - 4.50
Fruits	Grapes, Concord	2.80 - 3.00
Fruits	Grapes, Lady Finger	3.51 - 3.58
Fruits	Grapes, Malaga	3.71 - 3.78
Fruits	Grapes, Niagara	2.80 - 3.27
Fruits	Grapes, Ribier	3.70 - 3.80
Fruits	Grapes, Seedless	2.90 - 3.82
Fruits	Grapes, Tokyo	3.50 - 3.84
Fruits	Guava Jelly	3.73
Fruits	Guava nectar	5.5
Fruits	Guava, canned	3.37 - 4.10
Fruits	Huckleberries, cooked with sugar	3.38 - 3.43
Fruits	Jackfruit	4.80 - 6.80
Fruits	Kumquat, Florida	3.64 - 4.25
Fruits	Lime	2.00 - 2.80
Fruits	Loganberries	2.70 - 3.50
Fruits	Loquat	5.1
Fruits	Loquat, acidified	3.8
Fruits	Lychee	4.70 - 5.01
Fruits	Mangoes, green	5.80 - 6.00
Fruits	Mangoes, ripe	3.40 - 4.80
Fruits	Mangosteen	4.50 - 5.00
Fruits	Melon, Casaba	5.78 - 6.00

Fruits	Melons, Honey dew	6.00 - 6.67
Fruits	Melons, Persian	5.90 - 6.38
Fruits	Nectarines	3.92 - 4.18
Fruits	Orange Juice, California	3.30 - 4.19
Fruits	Orange, Juice Florida	3.30 - 4.15
Fruits	Oranges, Florida	3.69 - 4.34
Fruits	Oranges, Florida "color added"	3.60 - 3.90
Fruits	Papaya	5.20 - 6.00
Fruits	Peaches	3.30 - 4.05
Fruits	Peaches, canned	3.70 - 4.20
Fruits	Peaches, cooked with sugar	3.55 - 3.72
Fruits	Peaches, frozen	3.28 - 3.35
Fruits	Pears, Bartlett	3.50 - 4.60
Fruits	Pears, canned	4.00 - 4.07
Fruits	Pears, Sickle cooked w/sugar	4.04 - 4.21
Fruits	Persimmons	4.42 - 4.70
Fruits	Pineapple	3.20 - 4.00
Fruits	Pineapple, canned	3.35 - 4.10
Fruits	Plums, Blue	2.80 - 3.40
Fruits	Plums, Damson	2.90 - 3.10
Fruits	Plums, Frozen	3.22 - 3.42
Fruits	Plums, Green Gage	3.60 - 4.30
Fruits	Plums, Green Gage, canned	3.22 - 3.32
Fruits	Plums, Red	3.60 - 4.30
Fruits	Plums, spiced	3.64
Fruits	Plums, Yellow	3.90 - 4.45
Fruits	Pomegranate	2.93 - 3.20
Fruits	Prune, pureed	3.60 - 4.30
Fruits	Prune, strained	3.58 - 3.83
Fruits	Prunes, dried, stewed	3.63 - 3.92
Fruits	Prunes, dried, stewed	3.63 - 3.92
Fruits	Quince, fresh, stewed	3.12 - 3.40
Fruits	Raisins, seedless	3.80 - 4.10
Fruits	Rambutan (Thailand)	4.9
Fruits	Raspberries	3.22 - 3.95
Fruits	Raspberries, frozen	3.18 - 3.26
Fruits	Raspberries, New Jersey	3.50 - 3.82
Fruits	Strawberries	3.00 - 3.90
Fruits	Strawberries, California	3.32 - 3.50
Fruits	Strawberries, frozen	3.21 - 3.32
Fruits	Strawberry Jam	3.00 - 3.40
Fruits	Strawberry, Mayhaw	3.27 - 3.86
Fruits	Tamarind	3.00 -
Fruits	Tangerine	3.32 - 4.48
Fruits	Watermelon	5.18 - 5.60
Fruits	Yangsberries, frozen	3.00 - 3.70
Meat	Kidney	5.40 - 6.00
Nuts	Coconut preserves	3.80 - 7.00
Nuts	Coconut, fresh	5.50 - 7.80
Nuts	Walnuts, English	5.42
Pasta	Macaroni, cooked	5.10 - 6.41
Pasta & Noodles	Noodles, boiled	6.08 - 6.50
Pasta & Noodles	Spaghetti, cooked	5.97 - 6.40
Pasta & Noodles	Vermicelli, cooked	5.80 - 6.50

Plant	Aloe Juice	6.00 - 6.80
Plant	Aloe vera	6.1
Plant	Cactus	4.7
Plant	Chrysanthemum drink	6.5
Poultry	Chicken Broth, rts.	5.8
Poultry	Egg White	7.96
Poultry	Egg Yolk	6.1
Poultry	Eggs, new-laid, whole	6.58
Poultry	Pate	5.9
Sauce	Basil pesto	4.9
Soup	Bird's nest soup	7.20 - 7.60
Soup	Broccoli Cheese Soup, condensed	5.60 -
Soup	Clam Chowder, New England	6.4
Soup	Corn Soup, condensed	6.8
Soup	Cream of Asparagus	6.1
Soup	Cream of celery Soup, condensed	6.20 -
Soup	Cream of Coconut, canned	5.51 - 5.87
Soup	Cream of Mushroom, condensed	6.00 - 6.20
Soup	Cream of Potato soup	6
Soup	Cream of Potato soup, condensed	5.80 -
Soup	Cream of shrimp soup, condensed	5.8
Soup	Lentil Soup	5.8
Soup	Lobster bisque	6.90 -
Soup	Lobster soup	5.7
Soup	Minestrone condensed	5.4
Soup	Mushroom Soup, Cream of, canned	5.95 - 6.40
Soup	New England Clam Chowder, condensed	6.00-
Soup	Pea Soup, Cream of, Canned	5.7
Soup	Peanut Soup	7.5
Soup	Potato Soup	5.9
Soup	Scotch Broth.	5.92
Soup	Tomato Rice Soup, condensed	5.50 -
Soup	Tomato Soup, Cream of, canned	4.62
Soup	Vegetable soup, canned	5.16
Soup	Vegetable soup, chopped	4.98 - 5.02
Soup	Vegetable soup, strained	4.99 - 5.00
Sweets & Sweeteners	Agave nectar	3.74 - 5.3
Sweets & Sweeteners	Gelatin Dessert	2.6
Sweets & Sweeteners	Gelatin, plain jello	6.08
Sweets & Sweeteners	Honey	3.70 - 4.20
Sweets & Sweeteners	Honey Aloe	4.7
Sweets & Sweeteners	Jam, fruit	3.50 - 4.50
Sweets & Sweeteners	Jellies, fruit	3.00 - 3.50
Sweets & Sweeteners	Jujube	5.20 -
Sweets & Sweeteners	Maple syrup	5.15
Sweets & Sweeteners	Maple syrup, light (Acidified)	4.6
Sweets & Sweeteners	Mint Jelly	3.01
Sweets & Sweeteners	Nata De Coco	5
Sweets & Sweeteners	Orange, Marmalade	3.00 - 3.33
Sweets & Sweeteners	Papaya Marmalade	3.53 - 4.00
Sweets & Sweeteners	Peanut Butter	6.28
Sweets & Sweeteners	Pear Nectar	4.03
Sweets & Sweeteners	Plum Nectar	3.45

Sweets & Sweeteners	Quince Jelly	3.7
Sweets & Sweeteners	Raspberry Jam	2.87 - 3.17
Sweets & Sweeteners	Sherbet, raspberry	3.69
Sweets & Sweeteners	Taro syrup	4.5
Vegetables, Grains, & Roots	Abalone mushroom	5.00 -
Vegetables, Grains, & Roots	Alfalfa	6.5
Vegetables, Grains, & Roots	Alfalfa grass	6.5
Vegetables, Grains, & Roots	Antipesto	5.60 -
Vegetables, Grains, & Roots	Apple, baked with sugar	3.20 - 3.55
Vegetables, Grains, & Roots	Apple, eating	3.30 - 4.00
Vegetables, Grains, & Roots	Artichokes	5.50 - 6.00
Vegetables, Grains, & Roots	Artichokes, canned, acidified	4.30 - 4.60
Vegetables, Grains, & Roots	Artichokes, French, cooked	5.60 - 6.00
Vegetables, Grains, & Roots	Artichokes, Jerusalem, cooked	5.93 - 6.00
Vegetables, Grains, & Roots	Asparagus	6.00 - 6.70
Vegetables, Grains, & Roots	Asparagus, canned	5.00 - 6.00
Vegetables, Grains, & Roots	Asparagus, cooked	6.03 - 6.16
Vegetables, Grains, & Roots	Asparagus, frozen, cooked	6.35 - 6.48
Vegetables, Grains, & Roots	Asparagus, green, canned	5.20 - 5.32
Vegetables, Grains, & Roots	Asparagus, strained	4.80 - 5.09
Vegetables, Grains, & Roots	Baby Food Soup, unstrained	5.95 - 6.05
Vegetables, Grains, & Roots	Bamboo Shoots +	5.10 - 6.20
Vegetables, Grains, & Roots	Bamboo Shoots, preserved	3.50 - 4.60
Vegetables, Grains, & Roots	Barley, cooked	5.19 - 5.32
Vegetables, Grains, & Roots	Bean, Four Bean salad	5.6
Vegetables, Grains, & Roots	Bean, Lima	6.5
Vegetables, Grains, & Roots	Beans	5.60 - 6.50
Vegetables, Grains, & Roots	Beans, Black	5.78 - 6.02
Vegetables, Grains, & Roots	Beans, Boston style	5.05 - 5.42
Vegetables, Grains, & Roots	Beans, Kidney	5.40 - 6.00
Vegetables, Grains, & Roots	Beans, Lima	6.5
Vegetables, Grains, & Roots	Beans, pork & tomato sauce, canned	5.10 - 5.80
Vegetables, Grains, & Roots	Beans, refried	5.9
Vegetables, Grains, & Roots	Beans, Soy	6.00 - 6.60
Vegetables, Grains, & Roots	Beans, String	5.6
Vegetables, Grains, & Roots	Beans, vegetarian, tomato sauce, canned	5.32
Vegetables, Grains, & Roots	Beans, Wax	5.30 - 5.70
Vegetables, Grains, & Roots	Beets	5.30 - 6.60
Vegetables, Grains, & Roots	Beets, canned	4.90 - 5.80
Vegetables, Grains, & Roots	Beets, canned, acidified	4.30 - 4.60
Vegetables, Grains, & Roots	Beets, chopped	5.32 - 5.56
Vegetables, Grains, & Roots	Beets, cooked	5.23 - 6.50
Vegetables, Grains, & Roots	Beets, strained	5.32 - 5.56
Vegetables, Grains, & Roots	Broccoli, canned	5.20 - 6.00
Vegetables, Grains, & Roots	Broccoli, cooked	6.30 - 6.52
Vegetables, Grains, & Roots	Broccoli, frozen, cooked	6.30 - 6.85
Vegetables, Grains, & Roots	Brussels sprout	6.00 - 6.30
Vegetables, Grains, & Roots	Cabbage	5.20 - 6.80
Vegetables, Grains, & Roots	Cabbage, Green	5.50 - 6.75
Vegetables, Grains, & Roots	Cabbage, Red	5.60 - 6.00
Vegetables, Grains, & Roots	Cabbage, Savoy	6.3
Vegetables, Grains, & Roots	Cabbage, White	6.2
Vegetables, Grains, & Roots	Capers	6

Vegetables, Grains, & Roots	Carrots	5.88 - 6.40
Vegetables, Grains, & Roots	Carrots, canned	5.18 - 5.22
Vegetables, Grains, & Roots	Carrots, chopped	5.30 - 5.56
Vegetables, Grains, & Roots	Carrots, cooked	5.58 - 6.03
Vegetables, Grains, & Roots	Carrots, pureed	4.55 - 5.80
Vegetables, Grains, & Roots	Carrots, strained	5.10 - 5.10
Vegetables, Grains, & Roots	Cauliflower	5.6
Vegetables, Grains, & Roots	Cauliflower, cooked	6.45 - 6.80
Vegetables, Grains, & Roots	Celery	5.70 - 6.00
Vegetables, Grains, & Roots	Celery Knob, cooked	5.71 - 5.85
Vegetables, Grains, & Roots	Celery, cooked	5.37 - 5.92
Vegetables, Grains, & Roots	Cereal, strained	6.44 - 6.45
Vegetables, Grains, & Roots	Chayote, cooked	6.00 - 6.30
Vegetables, Grains, & Roots	Chicory	5.90 - 6.05
Vegetables, Grains, & Roots	Chives	5.20 - 6.31
Vegetables, Grains, & Roots	Corn	5.90 - 7.30
Vegetables, Grains, & Roots	Corn, canned	5.90 - 6.50
Vegetables, Grains, & Roots	Corn, Crabapple Jelly	2.93 - 3.02
Vegetables, Grains, & Roots	Corn, frozen, cooked	7.33 - 7.68
Vegetables, Grains, & Roots	Corn, Peaches & Cream, cooked on cob	6.22 - 7.04
Vegetables, Grains, & Roots	Corn: Baby	5.20 -
Vegetables, Grains, & Roots	Cream of Corn, condensed	5.70 - 5.80
Vegetables, Grains, & Roots	Cucumbers	5.12 - 5.78
Vegetables, Grains, & Roots	Cucumbers, Dill pickles	3.20 - 3.70
Vegetables, Grains, & Roots	Cucumbers, pickled	4.20 - 4.60
Vegetables, Grains, & Roots	Eggplant	5.50 - 6.50
Vegetables, Grains, & Roots	Escarole	5.70 - 6.00
Vegetables, Grains, & Roots	Fennel (Anise)	5.48 - 5.88
Vegetables, Grains, & Roots	Fennel, cooked	5.80 - 6.02
Vegetables, Grains, & Roots	Greens, Mixed, chopped	5.05 - 5.22
Vegetables, Grains, & Roots	Greens, Mixed, strained	5.22 - 5.30
Vegetables, Grains, & Roots	Hearts of Palm	5.7
Vegetables, Grains, & Roots	Hominy, cooked	6.00 - 7.50
Vegetables, Grains, & Roots	Kale, cooked	6.36 - 6.80
Vegetables, Grains, & Roots	Kelp	6.3
Vegetables, Grains, & Roots	Leeks	5.50 - 6.17
Vegetables, Grains, & Roots	Leeks, cooked	5.49 - 6.10
Vegetables, Grains, & Roots	Lentils, cooked	6.30 - 6.83
Vegetables, Grains, & Roots	Lettuce	5.80 - 6.15
Vegetables, Grains, & Roots	Lettuce, Boston	5.89 - 6.05
Vegetables, Grains, & Roots	Lettuce, Iceberg	5.70 - 6.13
Vegetables, Grains, & Roots	Lotus Root	6.90 -
Vegetables, Grains, & Roots	Mushrooms	6.00 - 6.70
Vegetables, Grains, & Roots	Mushrooms, cooked	6.00 - 6.22
Vegetables, Grains, & Roots	Okra, cooked	5.50 - 6.60
Vegetables, Grains, & Roots	Olives, black	6.00 - 7.00
Vegetables, Grains, & Roots	Olives, green, fermented	3.60 - 4.60
Vegetables, Grains, & Roots	Olives, ripe	6.00 - 7.50
Vegetables, Grains, & Roots	Onion white	5.37 - 5.85
Vegetables, Grains, & Roots	Onions, pickled	3.70 - 4.60
Vegetables, Grains, & Roots	Onions, red	5.30 - 5.80
Vegetables, Grains, & Roots	Onions, yellow	5.32 - 5.60
Vegetables, Grains, & Roots	Oyster mushrooms	5.00 - 6.00

Vegetables, Grains, & Roots	Palm, heart of	6.7
Vegetables, Grains, & Roots	Parsley	5.70 - 6.00
Vegetables, Grains, & Roots	Parsnip	5.30 - 5.70
Vegetables, Grains, & Roots	Parsnips, cooked	5.45 - 5.65
Vegetables, Grains, & Roots	Peas, canned	5.70 - 6.00
Vegetables, Grains, & Roots	Peas, Chick, Garbanzo	6.48 - 6.80
Vegetables, Grains, & Roots	Peas, cooked	6.22 - 6.88
Vegetables, Grains, & Roots	Peas, dried (split green), cooked	6.45 - 6.80
Vegetables, Grains, & Roots	Peas, dried (split yellow), cooked	6.43 - 6.62
Vegetables, Grains, & Roots	Peas, frozen, cooked	6.40 - 6.70
Vegetables, Grains, & Roots	Peas, pureed	4.90 - 5.85
Vegetables, Grains, & Roots	Peas, strained	5.91 - 6.12
Vegetables, Grains, & Roots	Peppers	4.65 - 5.45
Vegetables, Grains, & Roots	Peppers, green	5.20 - 5.93
Vegetables, Grains, & Roots	Pickles, fresh pack	5.10 - 5.40
Vegetables, Grains, & Roots	Pimento, canned, acidified	4.40 - 4.60
Vegetables, Grains, & Roots	Pimiento	4.40 - 4.90
Vegetables, Grains, & Roots	Potato: Mashed	5.1
Vegetables, Grains, & Roots	Potato: Sweet	5.30 - 5.60
Vegetables, Grains, & Roots	Potatoes	5.40 - 5.90
Vegetables, Grains, & Roots	Pumpkin	4.90 - 5.50
Vegetables, Grains, & Roots	Radishes, red	5.85 - 6.05
Vegetables, Grains, & Roots	Radishes, white	5.52 - 5.69
Vegetables, Grains, & Roots	Red Ginseng	5.5
Vegetables, Grains, & Roots	Red Pepper Relish	3.10 - 3.62
Vegetables, Grains, & Roots	Rhubarb	3.10 - 3.40
Vegetables, Grains, & Roots	Rhubarb Canned	3.4
Vegetables, Grains, & Roots	Rhubarb, California, stewed	3.20 - 3.34
Vegetables, Grains, & Roots	Rice Krispies	5.40 - 5.73
Vegetables, Grains, & Roots	Rice: Brown Cooked	6.20 - 6.80
Vegetables, Grains, & Roots	Rice: White Cooked	6.00 - 6.70
Vegetables, Grains, & Roots	Romaine	5.78 - 6.06
Vegetables, Grains, & Roots	Scallion	6.20 -
Vegetables, Grains, & Roots	Shallots, cooked	5.30 - 5.70
Vegetables, Grains, & Roots	Soy bean curd (tofu)	7.2
Vegetables, Grains, & Roots	Spinach	5.50 - 6.80
Vegetables, Grains, & Roots	Spinach, chopped	5.38 - 5.52
Vegetables, Grains, & Roots	Spinach, cooked	6.60 - 7.18
Vegetables, Grains, & Roots	Spinach, frozen, cooked	6.30 - 6.52
Vegetables, Grains, & Roots	Spinach, pureed	5.50 - 6.22
Vegetables, Grains, & Roots	Spinach, strained	5.63 - 5.79
Vegetables, Grains, & Roots	Squash, acorn, cooked	5.18 - 6.49
Vegetables, Grains, & Roots	Squash, Kubbard, cooked	6.00 - 6.20
Vegetables, Grains, & Roots	Squash, white, cooked	5.52 - 5.80
Vegetables, Grains, & Roots	Squash, yellow, cooked	5.79 - 6.00
Vegetables, Grains, & Roots	Straw mushroom	4.9
Vegetables, Grains, & Roots	Sweet Potatoes	5.30 - 5.60
Vegetables, Grains, & Roots	Swiss Chard, cooked	6.17 - 6.78
Vegetables, Grains, & Roots	Tofu (soybean Curd)	7.2
Vegetables, Grains, & Roots	Tomatillo	3.83
Vegetables, Grains, & Roots	Tomatoes	4.30 - 4.90
Vegetables, Grains, & Roots	Tomatoes, canned	3.50 - 4.70
Vegetables, Grains, & Roots	Tomatoes, Juice	4.10 - 4.60
Vegetables, Grains, & Roots	Tomatoes, Paste	3.50 - 4.70

Vegetables, Grains, & Roots	Tomatoes, Puree	4.30 - 4.47
Vegetables, Grains, & Roots	Tomatoes, Strained	4.32 - 4.58
Vegetables, Grains, & Roots	Tomatoes, Wine ripened	4.42 - 4.65
Vegetables, Grains, & Roots	Truffle	5.30 - 6.50
Vegetables, Grains, & Roots	Tubers	5.7
Vegetables, Grains, & Roots	Tubers	5.7
Vegetables, Grains, & Roots	Turnip, greens, cooked	5.40 - 6.20
Vegetables, Grains, & Roots	Turnip, white, cooked	5.76 - 5.85
Vegetables, Grains, & Roots	Turnip, yellow, cooked	5.57 - 5.82
Vegetables, Grains, & Roots	Turnips	5.29 - 5.90
Vegetables, Grains, & Roots	Water Chestnut	6.00 - 6.20
Vegetables, Grains, & Roots	Watercress	5.88 - 6.18
Vegetables, Grains, & Roots	Wild Rice: Cooked	6.00 - 6.50
Vegetables, Grains, & Roots	Yams, cooked	5.50 - 6.81
Vegetables, Grains, & Roots	Zucchini, cooked	5.69 - 6.10

Sherry L. Braxton, B.Sc.
sherry@theverybestwater.com
www.theverybestwater.com
778-737-5905