

Be Alkaline, Be Healthy- Test your PH!

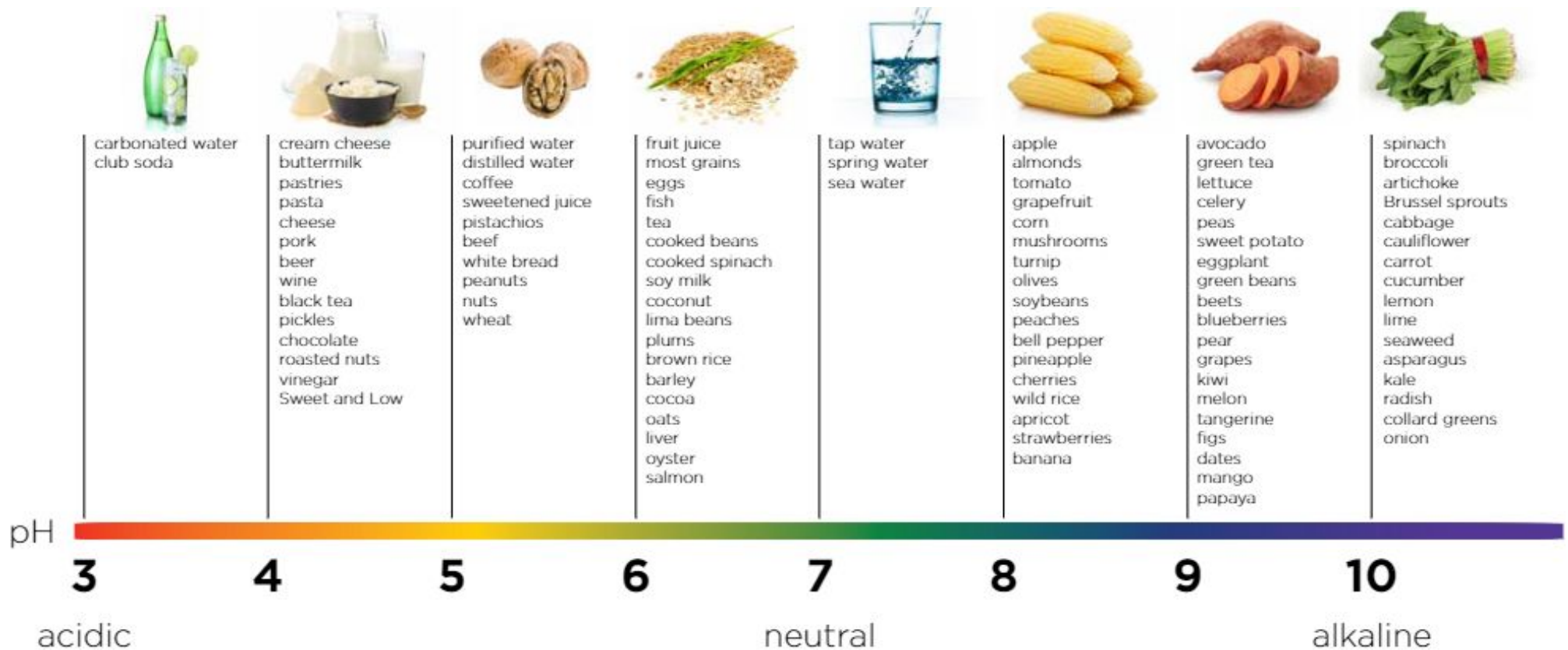
The facts:

The pH of human blood is regulated to stay within the narrow range of 7.35 to 7.45, which is slightly alkaline (or basic). Falling below 7.35 is too acidic, and disease thrives in an acidic environment. Rising above 7.45 is too alkaline. The sweet spot is in between. Our bodies help to control our acid-base balance primarily through our respiratory and urinary systems. However, it's also helpful to monitor and control the acidic and alkaline composition of our bodies through the foods we eat. Foods either have tendency to produce an acidic or alkaline product after they are digested and broken down. The actual pH of the food doesn't impact whether a food is acidic or alkaline forming in the body. For example, lemon is very acidic, but it is alkaline forming in the body. In general, meat, eggs, dairy and refined carbohydrates are acid forming, and most fruits and vegetables are alkaline forming. Cooked foods are generally more acidic than raw foods. Look and see the effects these common foods have on your body!

Are you acidic? Main symptoms are low energy, dull hair and dry skin, recurring illnesses, cold hands & feet, migraines, chronic degenerative diseases, depressive tendencies.

How to test? PH Strips are available in some pharmacies or online sites like Amazon.

Overwhelmed? I am available to work with clients to balance their PH levels, another step to help you live your healthiest, most vibrant life! Email me at emilysb.niesen@gmail.com



Green Vegetables



Vegetable	ANDI Score
1. Mustard/Turnip/Collard Greens	1000
2. Kale	1000
3. Swiss Chard	1000
4. Upland/Watercress	1000
5. Bok Choy/Baby Bok Choy	865
6. Chinese/Napa Cabbage	714
7. Spinach	707
8. Arugula	604
9. Lettuce, Green Leaf	585
10. Chicory	516

Non-Green Vegetables



Vegetable	ANDI Score
1. Radish	502
2. Turnip	473
3. Carrots	458
4. Acorn Squash	444
5. Broccoflower	444
6. Cabbage	434
7. Bell Pepper, Yellow or Orange	371
8. Kholrabi	352
9. Cauliflower	315
10. Rutabaga	296

ANDI stands for "Aggregate Nutrient Density Index," a scoring system that rates foods on a scale from 1 to 1000 based on nutrient content. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals and antioxidant capacities

GAME IDEA!

"Create a Meal" Each family member highlights or circles foods on this chart to create a meal of his or her choice.

"Shop' together for ingredients

"Compete" with family members. Whomever has highest ANDI score wins! His or her meal is cooked and doesn't have to help with clean-up duties!

Fruit



Fruit	ANDI Score
1. Cranberries, Fresh	207
2. Strawberries	182
3. Blackberries	171
4. Raspberries	133
5. Blueberries	132
6. Guava	125
7. Grapefruit	125
8. Grapes	119
9. Pomegranate	119
10. Cantalope	118
11. Plum	106
12. Orange	98
13. Tangerine	86
14. Apricots, Fresh	75
15. Watermelon	71

Herbs



Herbs	ANDI Score
1. Basil	518
2. Cilantro	481
3. Spearmint	457
4. Tarragon	426
5. Oregano	426
6. Thyme	422
7. Parsley	381
8. Dill	326
9. Chives	319
10. Peppermint	293
11. Bay Leaves	271
12. Rosemary	84
13. Lemongrass	55

Beans



Vegetable	ANDI Score
1. Edamame	98
2. Pinto Beans	86
3. Tofu	82
4. Great Northern Beans	77
5. Adzuki Beans	74
6. Lentils	72
7. Lima Beans	69
8. Kidney Beans	64
9. Black Beans	61
10. Chickpeas (Garbanzos)	55

Nuts & Seeds



Nuts & Seeds	ANDI Score
1. Flax Seeds	103
2. Sesame Seeds	74
3. Sunflower Seeds	64
4. Peanuts	59
5. Chia Seeds	46
6. Pumpkin Seeds	39
7. Pistachios	37
8. Chestnuts	34
9. Hazelnuts	34
10. Pecans	33

Source: whole foods