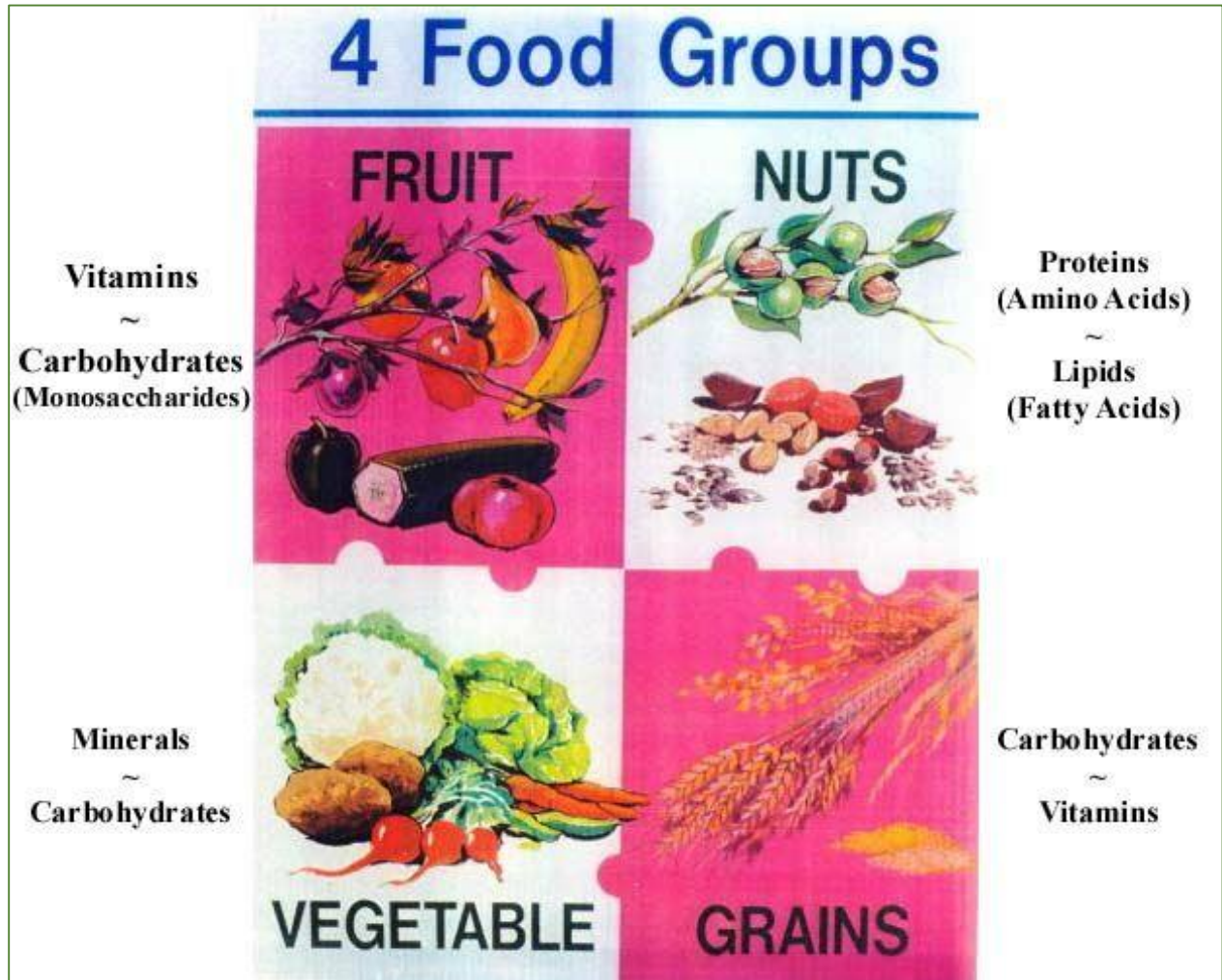
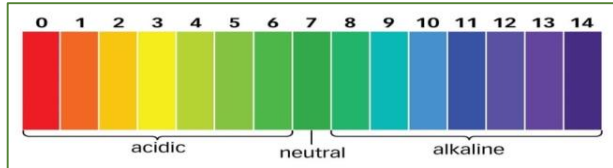


**6 Nutrients of the Body
and
pH of 4 Food Groups**



- 6 Nutrients**
1. Vitamins
 2. Carbohydrates (sugar)
 3. Proteins
 4. Lipids (fat)
 5. Minerals
 6. Water

4 Food Groups pH

| | |
|----------------------|-------------------------|
| Water | pH = 7 Neutral |
| Fruits | pH = -7 Acidic |
| Nuts | pH = +7 Alkaline |
| Grains | pH = +7 Alkaline |
| Some Grains | pH = -7 Acidic |
| Vegetables | pH = +7 Alkaline |
| Meat Proteins | pH = -7 Acidic |
| To be Healthy | pH = +7 Alkaline |