

Acid Alkaline Food Chart

ACID ALKALINE FOOD CHART

Use the reference values below as a guide only. Always check the figures against current product information and your own practice protocols.

ACID ALKALINE FOOD REFERENCE VALUES

Meal: _____ Portion: _____
Range / notes: _____ Source and date checked: _____
Approved by: _____ Date approved: _____ dd / mm / yyyy

RECORDING

Date: _____ dd / mm / yyyy Time: _____
Meal: _____ Portion: _____
Recorded by: _____

Notes