

Food Chart

| Food | H % | Asc % | Am % | Fat |
|----------------------|-----|-------|------|-----|
| Aloe Vera | 60 | 40 | 0 | 0 |
| Apples | | | | |
| Honeycrisp | 50 | 15 | 35 | 0 |
| Gala | 50 | 20 | 30 | 0 |
| Baldwin | 50 | 35 | 15 | 0 |
| Jonathan | 35 | 25 | 40 | 0 |
| Apple Cider Vinegar | 40 | 50 | 10 | 0 |
| Artichoke | 90 | 10 | 0 | 0 |
| Avocado | 95 | 0 | 0 | 5 |
| Beans | | | | |
| Kidney | 80 | 0 | 20 | 0 |
| Garbanzo (chickpeas) | 50 | 40 | 10 | 0 |
| Mung | 70 | 30 | 0 | 0 |
| Green | 90 | 0 | 10 | 0 |
| Soy | 95 | 0 | 5 | 0 |
| Edamame | 60 | 0 | 40 | 0 |
| Pinto | 95 | 0 | 5 | 0 |
| Beef Tallow | 30 | 70 | 0 | 0 |
| Berries | | | | |
| Red Raspberry | 70 | 30 | 0 | 0 |
| Aronia | 80 | 20 | 0 | 0 |
| Blackberries | 80 | 20 | 0 | 0 |
| Marion | 90 | 10 | 0 | 0 |
| Mulberries | 90 | 10 | 0 | 0 |
| Lingon | 90 | 10 | 0 | 0 |
| Goji | 75 | | 25 | 0 |
| Bok Choy | 90 | 10 | 0 | 0 |
| Broccoli | 75 | 0 | 25 | 0 |
| Brussel Sprouts | 80 | 0 | 20 | 0 |
| Buckwheat (whole) | 80 | 0 | 20 | 0 |
| Cabbage (raw) | 90 | 10 | 0 | 0 |
| Cabbage (cooked) | 50 | 50 | 0 | 0 |
| Carrots (cooked) | 70 | | 30 | 0 |
| Carrots (raw) | 80 | 0 | 20 | 0 |
| Celery (cooked) | 60 | 40 | 0 | 0 |
| Celery (raw) | 70 | 30 | 0 | 0 |

key:

H - Hydrogen (for overall health & anti-aging)

Asc - Ascorbic Acid (for endurance & immunity)

Am - Amino Acid (for muscles & strength building)

Fat - Fat (for brain health)

| Food | H % | Asc % | Am % | Fat |
|-------------------------|-----|-------|------|-----|
| Cherries Tart | 80 | 20 | 0 | 0 |
| Cherries (cooked) | 70 | 30 | 0 | 0 |
| Currants (dried) | 60 | 10 | 30 | 0 |
| Dandelion greens | | | | |
| cooked | 80 | 20 | 0 | 0 |
| raw | 90 | 10 | 0 | 0 |
| Dates | | | | |
| cooked | 80 | 20 | 0 | 0 |
| dried | 90 | 10 | 0 | 0 |
| Duck Eggs | 20 | | 80 | 0 |
| Oranges | | | | |
| Mandarins | 90 | 10 | 0 | 0 |
| Tangelos | 80 | 20 | 0 | 0 |
| Tangerine | 90 | 10 | 0 | 0 |
| Valencia | 90 | 10 | 0 | 0 |
| Papaya | 60 | 0 | 40 | 0 |
| Passionfruit | 40 | 60 | 0 | 0 |
| Peaches | 30 | 70 | 0 | 0 |
| Peas (green) | 20 | 0 | 80 | 0 |
| Pears Bosc | 10 | 90 | 0 | 0 |
| Pepper (black) | 60 | 0 | 40 | 0 |
| Peppers | | | | |
| Anaheim | 50 | 50 | 0 | 0 |
| Poblano | 30 | 70 | 0 | 0 |
| Chili | 50 | 10 | 40 | 0 |
| Jalapeno | 10 | 90 | 0 | 0 |
| Plantains | 30 | 0 | 70 | 0 |
| Plums red (common) | 30 | 0 | 70 | 0 |
| Pork Leaf Lard | 95 | 5 | 0 | 0 |

Food Chart

| Food | H % | Asc % | Am % | Fat |
|----------------------|-----|-------|------|-----|
| Potatoes | | | | |
| white fingerlings | 90 | 10 | 0 | 0 |
| Russet | 95 | 5 | 0 | 0 |
| Chard | 70 | 0 | 30 | 0 |
| Mustard | 60 | 40 | 0 | 0 |
| Figs | | | | |
| Black mission | 90 | 10 | 0 | 0 |
| Ginger (juiced raw) | 75 | 25 | 0 | 0 |
| Grapes | | | | |
| Red Seedless | 50 | 50 | 0 | 0 |
| Grapefruit | | | | |
| Flame | 75 | 25 | 0 | 0 |
| Herbs | | | | |
| Basil | 90 | 10 | 0 | 0 |
| Cilantro | 60 | 0 | 40 | 0 |
| Chive | 80 | 0 | 20 | 0 |
| Thyme | 70 | 0 | 30 | 0 |
| Rosemary | 50 | 0 | 50 | 0 |
| Oregano | 40 | 0 | 60 | 0 |
| Cumin | 50 | 0 | 50 | 0 |
| Horseradish (ground) | 30 | 0 | 70 | 0 |
| Jicama | 60 | 40 | 0 | 0 |
| Kiwi | 80 | 0 | 20 | 0 |
| Leek | 80 | 20 | 0 | 0 |
| Lemons | 70 | 0 | 30 | 0 |
| Lentils (all) | 80 | 0 | 20 | 0 |
| Lettuce | | | | |
| Radicchio | 80 | 20 | 0 | 0 |
| Romaine | 75 | 0 | 25 | 0 |
| Endive | 80 | 0 | 20 | 0 |
| Arugula | 50 | 50 | 0 | 0 |
| Chard | 70 | 0 | 30 | 0 |
| Mustard | 60 | 40 | 0 | 0 |

| Food | H % | Asc % | Am % | Fat |
|-----------------------|-----|-------|------|-----|
| Lime | 90 | 10 | 0 | 0 |
| Mushroom | | | | |
| Button | 80 | 20 | 0 | 0 |
| Portobello | 40 | 0 | 60 | 0 |
| Lions Mane | 30 | 0 | 70 | 0 |
| Shiitake | 40 | 0 | 60 | 0 |
| Cremini | 60 | 40 | 0 | 0 |
| Porcini | 60 | 0 | 40 | 0 |
| Mustard Yellow | 50 | 0 | 50 | 0 |
| Nopal Cactus | 40 | 60 | 0 | 0 |
| Olives | | | | |
| Green | 40 | 20 | 0 | 40 |
| Black mission | 40 | 50 | 0 | 10 |
| Prunes | 95 | 5 | 0 | 0 |
| Pumpkin | 90 | 10 | 0 | 0 |
| Pumpkin Seeds | 95 | 0 | 5 | 0 |
| Radishes | 75 | 25 | 0 | 0 |
| Raisin Golden | 40 | 0 | 60 | 0 |
| Rhubarb | 75 | 0 | 25 | 0 |
| Rice | | | | |
| Japonica | 20 | 80 | 0 | 0 |
| Arborio | 40 | 0 | 60 | 0 |
| Forbidden | 10 | 30 | 60 | 0 |
| Wild | 60 | 40 | 0 | 0 |
| White | 30 | 70 | 0 | 0 |
| Seafood (wild caught) | | | | |
| Fish & Shellfish | 10 | 0 | 85 | 5 |
| Squash | | | | |
| Butternut | 10 | 90 | 0 | 0 |
| Yellow | 10 | 90 | 0 | 0 |
| Acorn | 10 | 90 | 0 | 0 |
| Strawberry | 10 | 90 | 0 | 0 |
| Watermelon | 90 | 10 | 0 | 0 |