Fat Quality Chart

High

Medium

Low

Organic Mixed Oils Flax Seed Oil Extra Virgin Olive Oil Avocado's **Traditional Ghee Raw Almonds Raw Walnuts Pumpkin Seeds Unsalted Butter** White Hard Cheese PH **Dairy Cream Peanut Butter** Crackers Calamari Hamburger Fried Bacon French Fries

Creamed Soups

Mayonaisse

Potato chips

Margarine

Alkaline

−7

Acidic

Non-functional (damaged)

Functional (living)