



**DEMOSS
CHIROPRACTIC**

ACID / ALKALINE FOODS

The Body Seems To Work Best On A Diet *HIGH* In *ALKALINE-FORMING* Foods Which Give Alkaline Elements When Broken Down By Digestion. A Diet Which Contains 70% - 80% Alkaline-Forming Foods Is Ideal For Healthful Living.

<u>FRUITS</u>	<u>GRAINS</u>	<u>NUTS</u>	<u>SUGAR</u>	<u>OILS</u>
ACID	ACID	ACID	ACID	ACID
Cranberries	Brown Rice	Cashews	Brown Sugar	Nut Oils
Pomegranates	Barley	Walnuts	White Sugar	Butter
Strawberries	Wheat	Filberts	Milk Sugar	Cream
Sour Fruits	Oats	Peanuts	Cane Syrup	
	Rye	Pecans	Malt Syrup	
	Breads	Macadamia Nuts		
ALKALINE	ALKALINE	ALKALINE	ALKALINE	ALKALINE
Apples	Millet	Almonds	Honey	Olive Oil
Bananas	Buckwheat	Brazil Nuts	Molasses	Soy
Citrus Fruits	Corn			Sesame Oil
Dates	Sprouted Grains			Sunflower
Grapes				Corn Oil
Cherries	<u>MEAT / DAIRY PRODUCTS</u>		<u>SEEDS</u>	Safflower
Peaches	ACID		ACID	Cottonseed
Pears	All Meats		Pumpkin	Margarine
Plums	Fish		Sesame Seed	
Papaya	Fowl		Sunflower	
Mangoes	Eggs		Chia	
Pineapple	Cheese		Flax	
Raspberries	Milk			
Blackberries	Yogurt		ALKALINE	
Huckleberries	Butter		All Sprouted Seeds	
Elderberries				
Persimmons	<u>VEGETABLES</u>			
Apricots	All Vegetables Are Alkaline.			
Olives	(includes starchy vegetables			
Coconut	like potatoes, squash, and parsnips).			
Figs				
Raisins				
Melons				
			ALKALINE	
			Soybeans	
			Limas	
			Sprouted Beans	

www.DeMossChiropractic.com

20321 Birch St., Ste. 100 • Newport Beach, Ca 92660 • (949) 250-0600