

DEMOSS CHIROPRACTIC

ACID/ALKALINE FOODS

The body seems to work best on a diet HIGH in *ALKALINE-FORMING* foods which give off Alkaline Elements when broken down by digestion. A diet which contains 70%-80% Alkaline-forming foods is ideal for healthful living.

FRUITS

ACID

Cranberries
Pomegranates
Strawberries
Sour Fruits

ALKALINE

Apples
Bananas
Citrus Fruits
Dates
Grapes
Cherries
Peaches
Pears
Plums
Papaya
Mangoes
Pineapple
Raspberries
Blackberries
Huckleberries
Elderberries
Persimmons
Apricots
Olives
Coconut
Figs
Raisins
Melons

GRAINS

ACID

Brown Rice
Barley
Wheat
Oats
Rye
Breads

ALKALINE

Millet
Buckwheat
Corn
Sprouted Grains

MEAT/DAIRY

ACID

All Meats
Fish
Fowl
Eggs
Cheese
Milk
Yogurt
Butter

VEGETABLES

All vegetables are alkaline.
(Includes starchy vegetables like potato, squash and parsnips.)

NUTS

ACID

Cashews
Walnuts
Filberts
Peanuts
Pecans
Macadamia
Nuts

ALKALINE

Almonds
Brazil Nuts

SUGAR

ACID

Brown Sugar
White Sugar
Milk Sugar
Cane Syrup
Malt Syrup

ALKALINE

Honey
Molasses

SEEDS

ACID

Pumpkin
Sesame Seed
Sunflower
Chia
Flax

ALKALINE

All Sprouted Seeds

BEANS & PEAS

ACID

Lentils
Navy Beans
Aduki Beans
Kidney Beans

ALKALINE

Soybeans
Lima Beans
Sprouted Beans

Oils

ACID

Nut Oils
Butter
Cream

ALKALINE

Olive Oil
Soy
Sesame Oil
Sunflower Oil
Corn Oil
Safflower Oil
Cottonseed Oil
Margarine