



FOOD COMBINING CHART

POOR

PROTEINS

Avocado	Turkey, Fish,
Coconut	Beef, Venison,
Dairy (Cheese, Pork, etc)	Nuts
Cottage Cheese,	Olives
Ice Cream, Milk,	Seeds
Yogurt.	Soybeans
Eggs	
Meat (Chicken,	

POOR

GOOD FATS & OILS

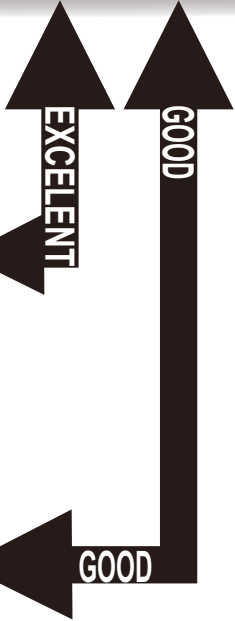
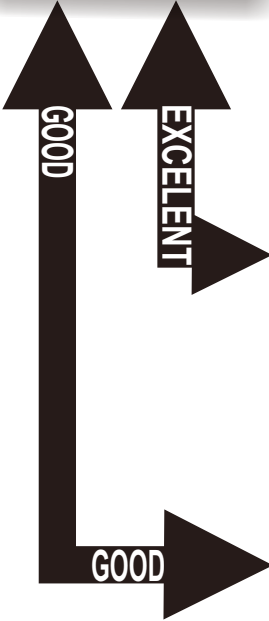
Avocado Oil	Safflower Oil
Butter	Green Tea
Canola OIL	Seed Oil
Coconut Oil	Soy Oil
Corn Oil	Sesame Oil
Cream	Ghee
Nut Oils	
Olive Oil	

GOOD

CARBOHYDRATES

Beans	Rice
Bread	Split Peas
Cereals	Squash (acorn, banana, hub-bard)
Grains	Wheat
Lentils	
Pastas	
Potatoes	
Pumpkin	

EXCELENT



NON-STARCHY VEGETABLES

- | | | |
|------------------|-------------|---------------|
| Asparagus | Eggplant | Radishes |
| Beet Greens | Endive | Scallions |
| broccoli | Escarole | Spinach |
| Brussels Sprouts | Garlic | Sprouts |
| Cabbage | Green Beans | Summer Squash |
| Celery | Kale | Sweet Pepper |
| Chard | Kohlrabi | Swiss Chard |
| Chicory | Leeks | Tomatoes |
| Collards | Lettuce | Turnips |
| Cucumber | Onions | Watercress |
| Dandelion | Parsley | Zucchini |

EXCELENT

MILDLY-STARCHY VEGETABLES

Artichokes	Carrots	Corn
Beets	Cauliflower	Peas

ACID FRUIT

Blackberry	Plum (sour)
Grapefruit	Pomegranate
Lemon/Lime	Raspberry
Orange	Sour Apple
Pineapple	Strawberry

SUB-ACID FRUIT

Apple	Mango
Apricot	Peach
Blueberry	Pear
Cherry	Plum
Kiwi	(sweet)

SWEET FRUIT

Bananas	Papaya
Dates	Persimmon
Currants	Prunes
Figs	Raisins
Grapes	

MELON

Cantaloupe	Watermelon
Casaba	
Crenshaw	
Honeydew	
Persian	

FRUITS are best when eaten alone, as a meal, when the stomach is empty of other foods, such as for breakfast. Each fruit group should be eaten separately from other fruit groups, especially melons and sweet fruits.