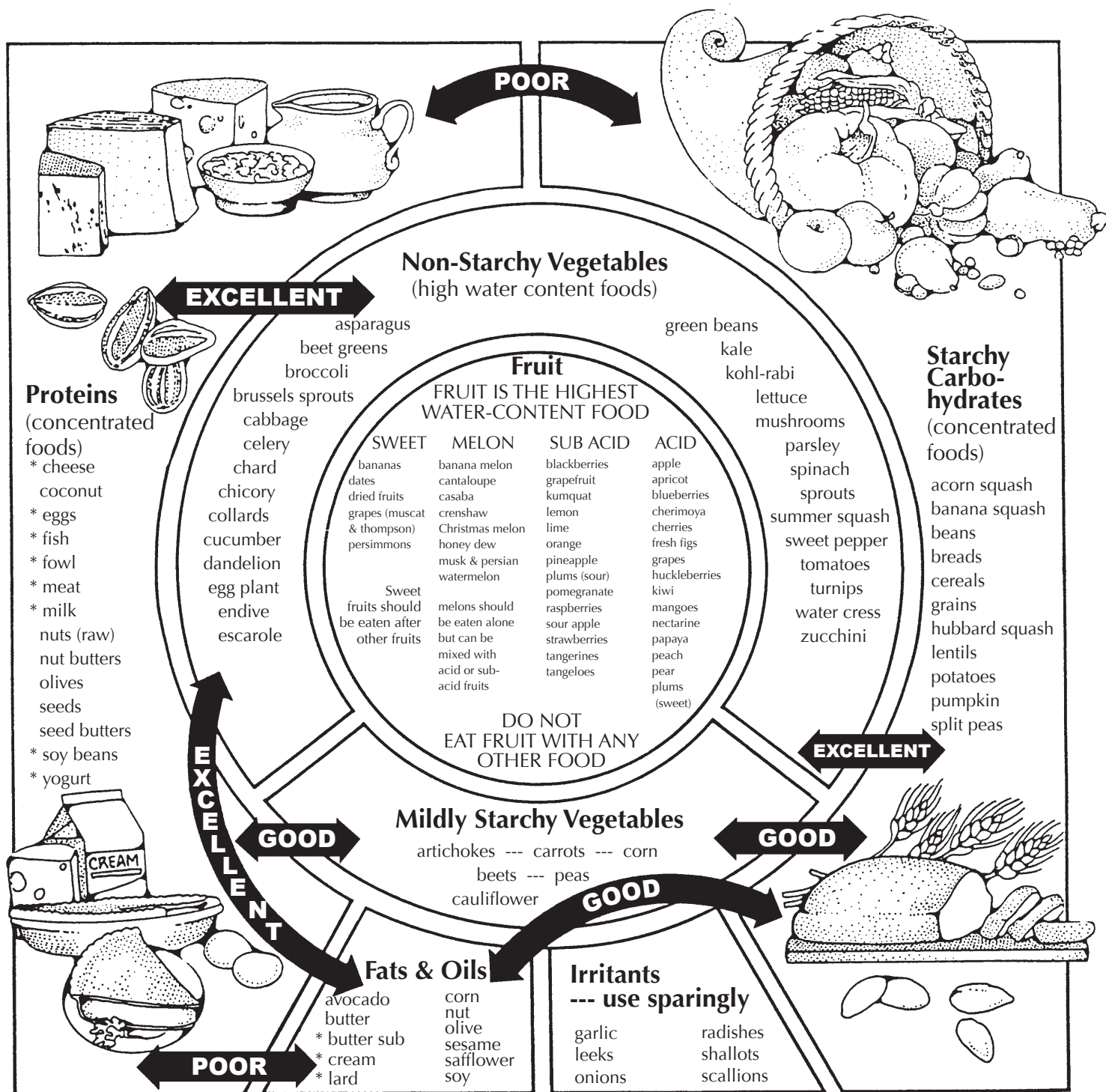


# A Food Combining Chart for Complete & Efficient Digestion

This "Common Sense" chart will show you how fresh, vital foods properly combined will promote optimum digestion, energize & strengthen your body.



1. Protein & Carbohydrate foods should never be combined.
2. A leafy green salad can be eaten with any protein, carbohydrates, or fat.
3. Fats inhibit the digestion of protein. If you must have a fat with a protein, eat a mixed vegetable salad. It will offset the inhibiting effect on digestion.
4. You should never drink liquids with or immediately following a meal.

\* Listed for clarification but not recommended.

*Food Combining is not mandatory. It may be useful for those with digestive problems.  
Fruit alone may be too glycemic for those with carbohydrate sensitivity.*

## COMBINING FOODS FOR MORE EFFICIENT DIGESTION

