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.

**PROTEINS**
- Fish: Crab, Lobster, Shrimp, Oyster, Scallop, Anchoy, Bass, Catfish, Codfish, Haddock, Perch / Mackerel, Red Snapper, Salmon / Lox, Sardine, Shark, Sole / Flounder / Halibut, Swordfish, Trout, Tuna, Turbot / Whitefish, Avocado
- Eggs: Egg White, Egg Yolk, Fowl: Chicken, Goose / Duck, Turkey, Meats: Beef / Veal, Lamb / Mutton, Pork / Bacon / Ham, Deer / Venison, Rabbit, Coconut, Bean Curd: Tofu, Raw Nuts and Seeds: Alfalfa, Almond, Anise Seed, Brazil, Cashew, Chestnut, Hazelnut / Filbert
- Macadamia, Peanut, Pecan / Pine, Pistachio, Poppy Seed, Pumpkin, Sesame, Sunflower, Walnut, Soybeans, Milk:
- No

**STARCHES**
- Wheat, Amaranth, Barley, Brown Rice, White Rice, Buckwheat, Millet, Oats, Pasta, Breads, Pastries, Lima Beans, Triticale
- Dry Beans / Peas: Black-eyed Peas, Carob, Garbanzo, Kidney, Navy / Ninja, Pinto, Potatoes, Yams, Corn, Hubbard Squash, Pumpkin, Acorn

**VEGETABLES**
- Leafy Green: Alfalfa, Mung, Lentil, Etc., Chicory, Escarole, Beet Tops, Celery Greens, Swiss Chard, Dandelion Greens, Collard Greens, Turnip Greens, Endive, Kale, All Lettuces
- Sprouts: Alfalfa, Almond, Anise Seed, Brazil, Cashew, Chestnut, Hazelnut / Filbert, Macadamia, Peanut, Pecan / Pine, Pistachio, Poppy Seed, Pumpkin, Sesame, Sunflower, Walnut, Soybeans, Milk:
- No

**ACID/SUB-ACID FRUIT**
- Lemon, Lime, Orange, Tangerine, Grapefruit, All other Citrus, Kiwi, Plum, Pineapple, Mango, Papaya, All Berries, Nectarine, Apples, Cherry, Grape, Pear, Apricot, Peach
- Nuts are OK with these fruits

**SWEET FRUIT**
- Bananas, Currants, Figs, Persimmons, Dates, Raisings, Prunes, Dried Fruits, Grapes (Thompson, Muscat)
- Sweet fruits eaten after other fruits is good

**MELONS**
- Banana Melon, Musk Melon, Cantaloupe, Casaba, Persian, Crenshaw, Honeydew
- Melons should be eaten alone

**NOTES**
- Nuts are OK with these fruits
- Sweet fruits eaten after other fruits is good
- Melons should be eaten alone