



Do's & Don'ts

PROTEINS:

* (see exceptions)

Avocado*	All nuts
Coconut*	All legumes
Olives*	Eggs
Mushrooms	Dairy
All seeds	All Flesh

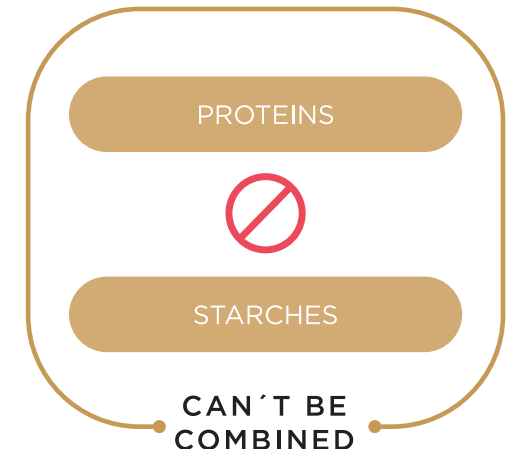
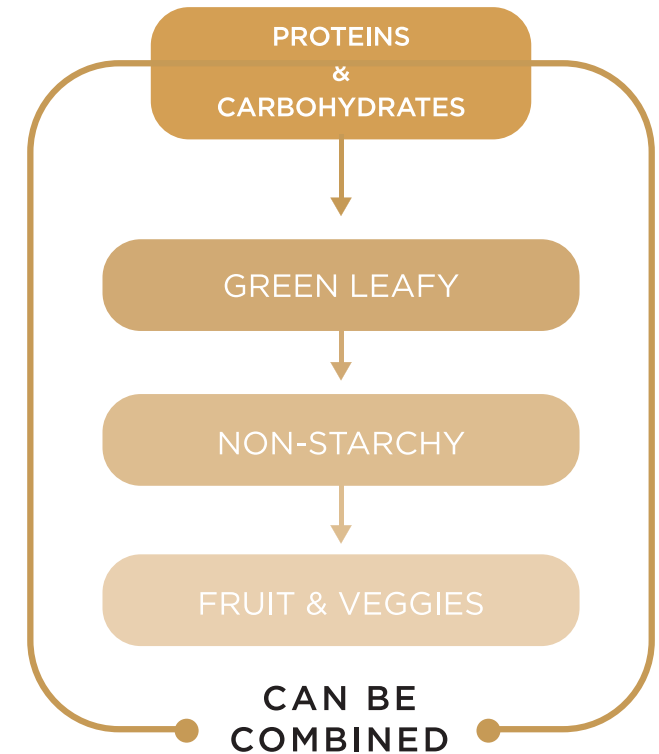


STARCHES:

Beets	All potatoes
Carrots	Pumpkin
All grains	Winter Squash
Pastas, breads, pastries etc. (made with wheat & grain flours)	Corn

GREEN LEAFY, NON-STARCHY & FRUIT VEGGIES:

Alfalfa sprouts	Mung bean sprouts
Sunflower sprouts	Pea sprouts
and other green leafy sprouts	
Lettuce	Spinach
and other leafy greens	
Parsley	Cilantro
other leafy herbs	
Okra	Artichokes
Asparagus	Broccoli
Cabbage	Cauliflower
Radish	Turnips
Celery	Summer Squash
Eggplant	Cucumber
Peppers	





There are no rules.Only choices.®

FOOD COMBINING

FRUITS:

*Important note

DO NOT COMBINE FRUIT

with any foods recently listed

MELONS:

Eat alone

In the words of Wayne Pickering "Eat melons alone or leave them alone or your stomach will groan!"

Cantaloupes
Honey dew
Watermelons
Crenshaw
Casaba

ACID FRUITS:

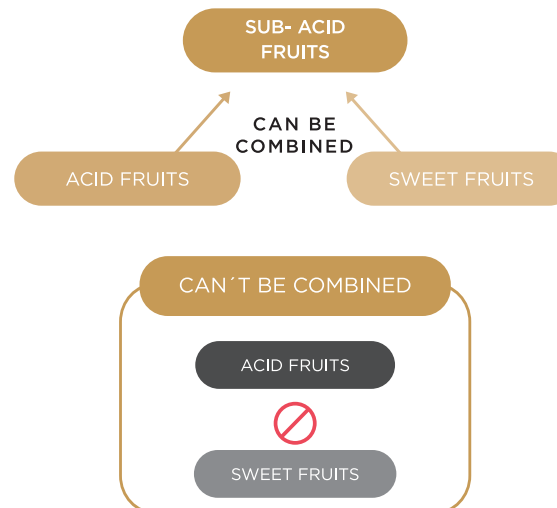
All citrus
Cranberries
Currants
Gooseberries
Pineapples
Pomegranates
Strawberries
Tomatoes

SWEET FRUITS:

Bananas
Carob
Dates
Persimmons
All dried fruits

SUB-ACID FRUITS:

All stone or pit fruits
All core fruits
Blueberries
Fresh figs
Grapes
Mangoes
Papaya
Raspberries



• **FRUITS DO NOT DIGEST WITH STARCHES** (no exceptions)

EXCEPTIONS TO THE RULES

• LEGUMES

combine mediocre with grain.

• AVOCADOS

combine with starchy vegetables & grains.

• AVOCADOS

digest well with **acid & sub-acid fruits**.

• SEEDS & NUTS

digest fairly well with **acid fruits**.

• TOMATOES

digest well with Celery, okra, cucumbers, eggplant, bell peppers, summer squash and lettuce.