

Food Combining - Vegetables & Proteins

Starches

Potatoes
 Parsnips
 Corn
 Pasta
 Bread
 Winter Squash
 Lima Beans
 Pumpkins
 Coconut
 Yams
 Most Legumes
 Whole-Grains Cereals
 Brown & Wild Rice
 All Grains

Proteins

Seeds*
 Nuts*
 Flesh Foods**
 Dairy**
 Soybean Analogs (fake meat)**
 Sprouted Legumes
 Lentils
 Dried Peas & Beans
 All other bean products

Do Not
 Combine



digests poorly
 together

*Best soaked 24 hours in distilled
 water before use.

** Included for clarity ONLY.
 Not Recommended

Vegetables

Asparagus
 Beets
 Broccoli
 Cauliflower
 Carrots
 Celery
 Red, Yellow, Green Peppers
 Leaf Lettuce & Endive
 Cabbage
 Kohirabi
 Cucumbers
 Beets
 Eggplant
 Spinach
 String Beans
 Kale
 Parsley

Tomatoes may be eaten with
 non-starchy vegetables

Combine
 digests well together



Combine
 digests well together

Fresh Vegetable Juice

Drink at least 30 min-
 utes before a meal,
 and not with a meal.
 Barley Green is in the
 Vegetable Juice
 category.

Oils and Fats

Butter*
 Avocados**
 Olive Oil
 Flax Seed Oil
 Coconut
 Almonds
 Pecans
 Pumpkin Seeds
 Sunflower Seeds

*Use very sparingly. Never use
 margarine or other
 hydrogenated oils.

**Avocado is best mixed with
 green vegetables or
 sub-acid fruits.

A note on Food Combining

Various foods require different digestive juices
 and enzymes, and require different lengths of time for
 digestion. So, for optimal digestion and assimilation, it
 is best when foods are consumed in simple and com-
 patible combinations. These food combining charts are
 intended to be a set of unbending rules. Some recipes
 do violate ideal food combining guidelines. For people
 who are not fighting a serious illness, less perfect com-
 binations can be eaten on occasions.

Food Combining - Fruits

Acid Fruits

Strawberries
 Grapefruit
 Oranges
 Tangelos
 Kiwi
 Lemons*
 Pineapple
 Raspberries
 Cranberries
 Gooseberries
 Tangerines
 Limes
 Kumquat
 Sour Plums
 Pomegranates

*Lemons Combine well with all plant foods and can be used to replace vinegar in recipes.

Sweet Fruits

Bananas
 Papaya
 Thompson Grapes
 Muscat Grapes
 Persimmon
 Dates
 Figs
 Raisins
 Prunes
 Other Dried Fruits

Do Not
 Combine



digests poorly
 together

Sub-Acid Fruits

Apples
 Apricots
 Blackberries
 Blueberries
 Cherries
 Nectarines
 Peaches
 Pears
 Mangos
 Plums
 Most Grapes
 Passion Fruit
 Guava
 Papaya

Combine
 digests well together



Combine
 digests well together

Melons

Honey Dew
 Cantaloupe

Casaba
 Watermelon

Crenshaw
 Persian

Eat melons alone or leave alone, as they do not digest well with other foods. Any of the melons can be combines with each other.

Do Not Combine Fruits with Vegetables or Grains

An exception to this rule is that you may combine leaf lettuce or celery with fruits to help deal with the excessive sugar.