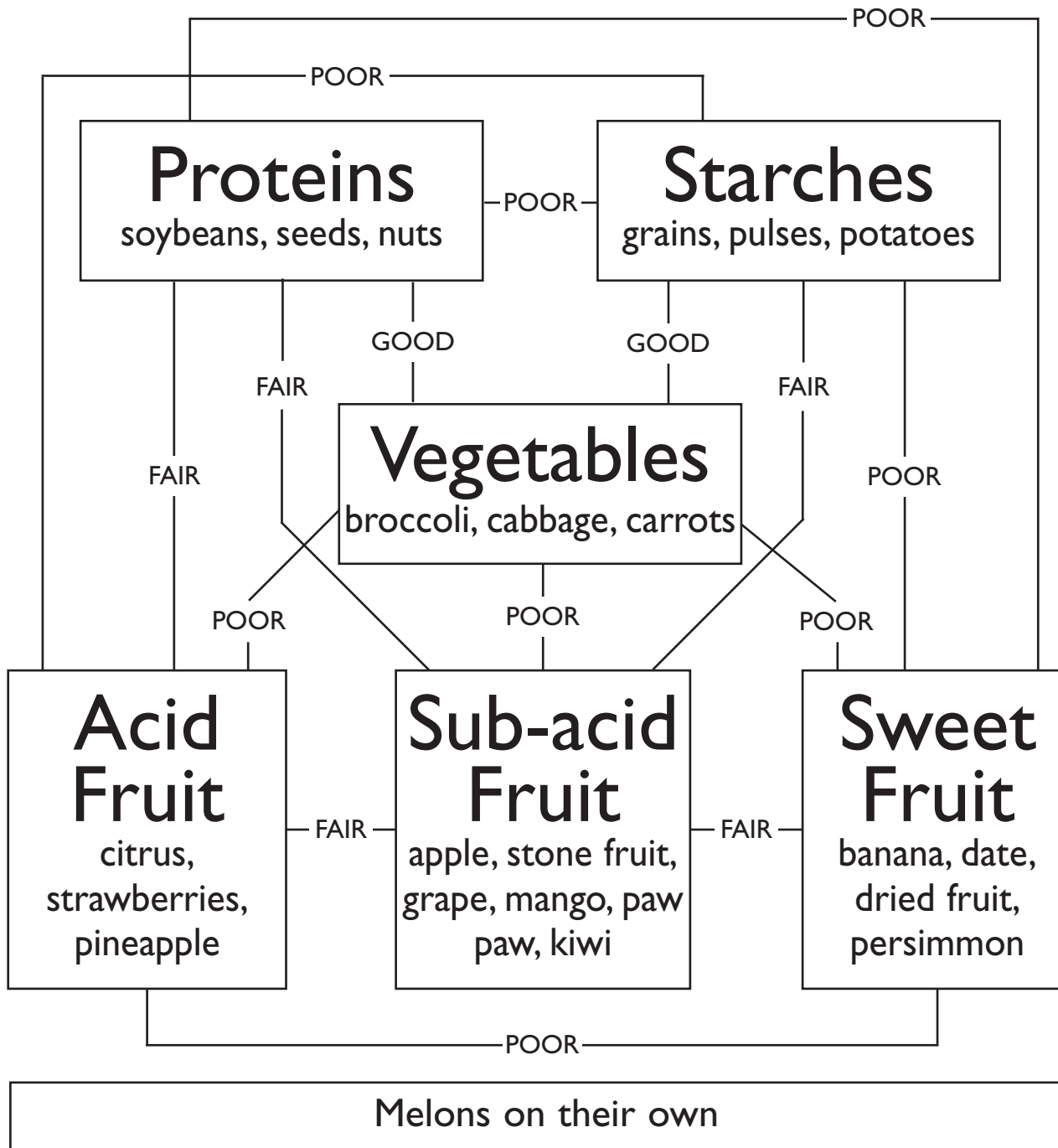


food combining chart



NOTES

- FATS (avocados, oils, macadamias, pecans, coconuts) best with each other or vegetables, fair with all fruits and starches)
- Best to not mix more than two food groups in a course. Keep meals simple – try not to mix more than four foods over a whole meal)
- Primary proteins (soybeans, seeds, nuts) are preferred. Secondary source proteins include meats, eggs, fish, dairy. Best to avoid peanuts as they are difficult to digest. If you want to eat dairy products, eat them on their own.
- Eat one type of fruit at a time or combine according to type of seed, ie, stone fruit (peach, nectarine, apricot, cherry); citrus fruit; core fruit (apples, pear); dried fruit; melons.
- Leafy greens and fresh herbs combine well with vegetables and with fruits.