

FOOD COMBINING CHART

For Better Digestion, Avoid Mixing



PROTEINS



poor mix



STARCHES



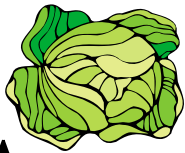
nuts
seeds
peanuts
*milk
*cheese
*chicken
*restricted intake suggested



beans
peas
lentils
*eggs
*lamb
*pork
*beef

potatoes
lima beans
mature corn
winter squash
*fish
*turkey
sweet potatoes

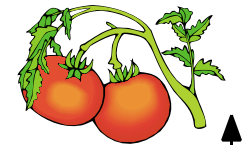
yams
pumpkins
grains
carrots
artichokes
beets
chestnuts
coconuts
rice/millet



good mix

VEGETABLES

good mix



poor mix

Romaine lettuce
dandelion greens
cabbage
spinach
green peppers
radishes
rutabaga/turnips

escarole
escarole
parsley
chives
cucumber
parsnips
okra

endive
broccoli
watercress
sprouts
celery
cauliflower
kohlrabi

collard/kale
onions
green beans
chili peppers
tomatoes
eggplant
asparagus

poor mix

poor mix

poor mix

poor mix

ACID FRUITS

fair mix

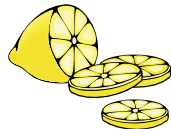
SUB-ACID FRUITS

fair mix

SWEET FRUITS

orange
grapefruit
pomegranate
strawberry
pineapple

tangerine
lemon
lime
kumquat
kiwi



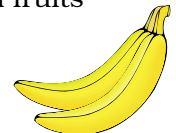
mango
apricot
peach
nectarine
most grapes

apple
pear
cherry
berries
plum



banana
dates
sapote
papaya
fresh figs

Thompson grapes
Muscat grapes
persimmon
dried fruits



- Eat fruits separately as fruit meals. May be combined with lettuce and/or celery.
- Melons are best eaten as a separate meal from other fruits.
- Eat only one protein food at a meal.
- For further information, please read *Proper Food Combining* by Lee Dubelle.