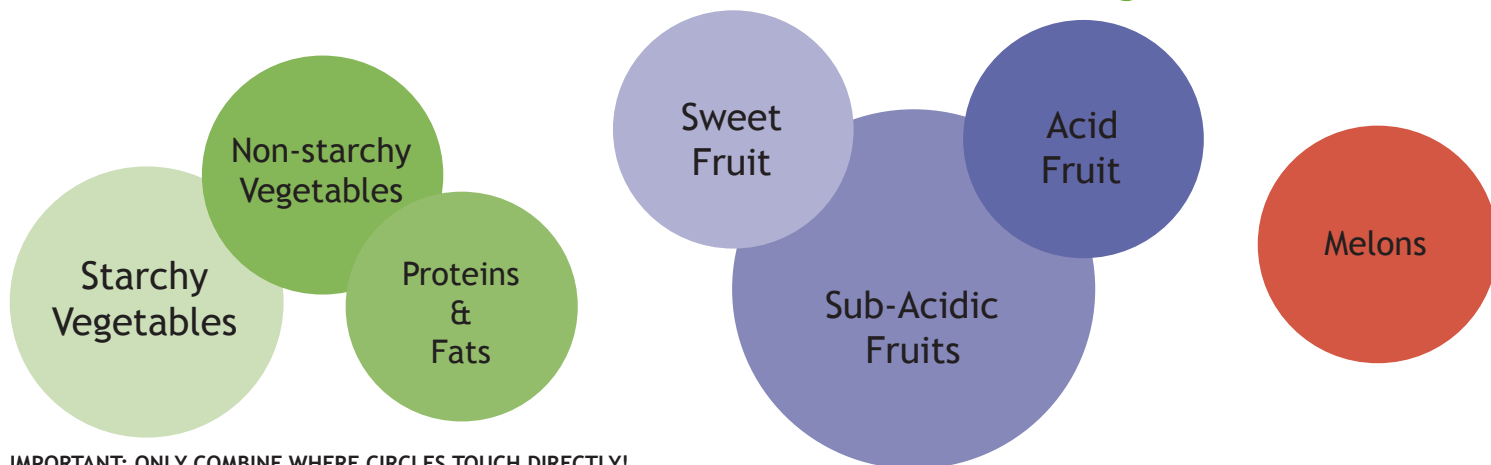


# FOOD COMBINING CHART

To Aid In Smooth digestion



IMPORTANT: ONLY COMBINE WHERE CIRCLES TOUCH DIRECTLY!

## LOW & NON-STARCHY VEGETABLES

Asparagus	Alfalfa Sprouts	Bamboo Shoots	Bell Pepper	Broccoli	Brussels Sprouts
Cabbage	Cauliflower	Celery	Chard	Chicory	Chives
Collards	Raw Corn	Cucumber	Endive	Escarole	Garlic
Green Beans	Green Peas	Kale	Leek	Lettuce	Mung Bean Sprouts
Mushrooms	Onions	Parsley	Radish	Rhubarb	Spinach
String Beans	Summer Squash	Swiss Chard	Tomatoes	Turnip	Turnip Greens
Watercress	Zucchini				

## STARCHY VEGETABLES

Artichoke	Beets	Beans	Carrots	Corn	Jicama
Potatoes	Pumpkin	Hubbard Squash	Winter Squash	Banana Squash	Yams

## PROTEINS & FATS

Avocados	Coconuts	Olives (Fresh/non- Brine soaked)	Chia Seeds	Flax Seeds	Pumpkin Seeds
Sesame Seeds	Sunflower Seeds	Legumes	Lentils	Peanuts (Harder on digestive system)	Nuts
Almonds	Beech Nuts	Brazil Nuts	Butternuts	Candle Nuts	Cashew Nuts
Filberts	Hickory Nuts	Macadamia Nuts	Pecans	Pignolia Nuts	Pine nuts
Pinon Nuts	Pistachio Nuts	Walnuts (English & Black)			

## FRUIT VEGETABLES

Cucumber	Eggplant	Okra	Peppers (Green, Red, Yellow Bell)	Summer Squash (Yellow, Zucchini, Scallop)
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## SWEET FRUIT

Banana	Carob	Dates and Figs	All Dried Fruit	Persimmon	Pineapple
Peaches	Plantain	Prunes	Sweet Grapes	Figs	Litchi (Lycil)
Raisins					

## SUB-ACID FRUITS

Apple	Apricots	Blackberry	Blueberry	Cactus Fruit (Prickly pear)	Cherries
Grapes	Guava	Huckleberry	Litchi (Lycil)	Mango	Mulberry
Nectarines	Papaya	Paw Paw	Pear	Peach	Plum
Raspberry					

## ACIDIC FRUITS

Acerola	Citrus	Grapefruit	Kumquat	Orange	Lemon
Lime	Pineapple	Tangerine	Berry	Cranberries	Currants
Gooseberry	Logan Berry	Pomergranate	Sour Grapes	Sour Peach & Plum	Sour Cherries
Strawberries	Core	Sour Apple			

## ACIDIC FRUIT VEGETABLES

Tomato	Melons	Banana Melon	Cantaloupe	Casaba Melon	Christmas Melon
Honey Dew Melon	Musk Melon	Nutmeg Melon	Persian Melon	Watermelon	