

# FOOD COMBINING CHART

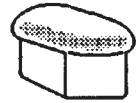
## For Better Digestion, Avoid Mixing



### PROTEINS

↔ *poor mix* ↔

### STARCHES



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



\*lamb  
\*pork

beans  
peas  
lentils  
\*eggs  
\*fish  
\*turkey  
\*beef

potatoes  
lima beans  
mature corn  
winter squash  
artichokes  
chestnuts  
sweet potatoes

yams  
pumpkins  
grains  
carrots  
beets  
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.