

## General Food Combining Chart A

COMMON FOODS	COMBINE BEST WITH	COMBINE BADLY WITH
<b>Sweet fruits</b> (sub-and non-acid)	Sour Milk	Acid Fruits Starches (Cereals, Bread, Potatoes) Proteins, Milk
<b>Acid Fruits</b>	Other Acid Fruits Fair with Nuts Fair with Milk	Sweets (all kinds) Starches (cereals, bread, potatoes) Proteins (except nuts)
<b>Green Vegetables</b>	All proteins All starches	Milk
<b>Starches</b>	Green Vegetables Fats and Oils	All Proteins All Fruits Acids, Sugars
<b>Meats</b> (all kinds)	Green Vegetables	Milk, Starches, Sweets Other proteins Acid Fruits and Vegetables Butter, Cream, Oils
<b>Nuts</b> (most varieties)	Green Vegetables Acid Fruits	Milk, Starches, Sweets Other proteins Butter, Cream, Oils, Lard
<b>Eggs</b>	Green Vegetables	Milk, Starches, Sweets Other proteins Acid Foods Butter, Cream, Oils, Lard
<b>Cheese</b>	Green Vegetables	Starches, Sweets Other proteins Acid Foods Butter, Cream, Oils, Lard
<b>Milk</b>	Best taken alone Fair with Acid Fruits	All proteins Green Vegetables Starches
<b>Fats and Oils</b> (Butter, Cream, Oils, Lard)	All starches Green Vegetables	All proteins
<b>Melons</b> (all kinds)	Best eaten alone	All Foods
<b>Cereals</b> (grains)	Green Vegetables	Acid Fruits All proteins All Sweets, Milk
<b>Legumes</b> <b>Beans and Peas</b> (except green beans)	Green Vegetables	All proteins All Sweets, Milk Fruits (all kinds) Butter, Cream, Oils, Lard

## DETAILED FOOD COMBINING CHART B

Non-Starchy & Green Vegetables				
Lettuce	Cucumbers	Greens (Kale, etc)	Okra	
Celery	Sweet Peppers	Summer Squash	Kohlrabi	
Celery Cabbage	Cauliflower	Eggplant	Green Corn	
Cabbage	Broccoli	Turnips	Green Beans	
	Brussel Sprouts			
<b>Protein</b>	<b>Protein/ Starch</b> Combine as Starch	<b>Eat non-starchy &amp; green vegetables with either protein or starch</b>	<b>Starch</b>	<b>Mildly Starchy</b>
Nuts	Beans	<b>Do not combine protein &amp; starch</b>	Potatoes	Carrots
Seeds	Peas		Sweet Potatoes	Beets
Olives	Lentils		Yams	Rutabaga
Cheese	Peanuts		Mature Corn	Winter Squash
Eggs	Coconuts	<b>Do not combine vegetables, proteins or starches with fruits</b> <b>Except:</b> <b>nuts with citrus</b> (fair combination) <b>lettuce &amp; celery with fruit</b> (good combination)	Jerusalem Artichokes.	Pumpkin
Flesh Foods	Chestnuts		Parsnips	Edible Pod Peas
	Wild Rice		Salsify	Globe Artichokes.
	All Grains			Water Chestnuts
		<b>Avocados: best with salad</b> (fair with sub-acid fruit or starch)		Sprouted Grains
<b>Acid Fruits</b>	<b>Eat sub-acid fruits with either acid or sweet fruits</b>		<b>Sweet Fruits</b>	
Citrus	<b>Do not combine acid fruits &amp; sweet fruits</b>		Bananas	
Pineapples			Persimmons	
Strawberries			Thompson Grapes	
Pomegranates			Muscat Grapes	
Sour Apples	<b>Tomatoes: Use with green &amp; non- starchy vegetables &amp; protein</b>		All Sweet Grapes	
Sour Grapes			All Dried Fruits	
Sour Peaches				
Sour Plums				
Sour Cherries	<b>Melons: Eat alone</b>			
<b>Sub-Acid Fruits</b>				
Sweet Apples	Sub-acid Grapes	Apricots	Blueberries	
Sweet Peaches	Pears	Sweet Plums	Raspberries	
Sweet Cherries	Papayas	Cherimoyas	Blackberries	
	Mangos	Fresh Figs		

## Simplified Food Combining Chart C

### Eat Non-Starchy & Green Vegetables With Either:

Proteins	or	Starches
Nuts & Seeds	<b>Do not combine</b>	Peanuts
Olives		Coconuts
Cheese		Chestnuts
Eggs		Wild Rice
Flesh Foods		Grains
		Starchy Veggies.
		Mildly Starchy Veggies.
		Legumes

### Eat Sub-Acid Fruits (All Fruits Not Sweet or Acid) With Either:

Acid Fruits	or	Sweet Fruits
Citrus	<b>Do not combine</b>	Bananas
Pineapples		Persimmons
Strawberries		Sweet Grapes
Pomegranates		Dried Fruits
Sour Tasting Fruits		

<p><b>Do not combine vegetables, proteins or starches with fruits</b></p> <p><b>Except:</b></p> <p><b>Nuts with Citrus</b> (Fair Combination)</p> <p><b>Lettuce &amp; Celery with Fruit</b> (Good Combination)</p>
<p><b>Tomatoes:</b></p> <p><b>Eat with green and non-starchy vegetables and protein</b></p>
<p><b>Avocados: Best with Salad</b> (Fair with sub-acid Fruit or Starch)</p>
<p><b>Melons: Eat Alone</b></p>