**Food Combining Chart For Complete & Efficient Digestion**

**FOODS PROPERLY COMBINED** streamline digestion, promote weight loss, energize and strengthen your entire body. Note: I would like to remind you that continuously undigested food will, over time, cause a multitude of medical diseases and illness!!!—Ron

### PROTEINS & STARCHES EATEN TOGETHER WILL SPOIL IN THE STOMACH

**POOR**

#### PROTEINS
(HIGH PROTEIN FOODS)
- Cheese
- Coconut
- Eggs
- Fish
- Poultry
- Meat
- Milk

#### FATS
- Avocado
- Butter
- Cream
- Olive
- Avocado
- Corn
- Nut
- Olive

#### OILS
- Sunflower
- Sesame
- Soy
- Safflower

#### STARCHES
- Winter
- Bread
- Crackers
- Cereals
- Grains
- Lentils
- Pasta
- Potatoes

**GOOD**

#### NON-STARCHY VEGETABLES
(High water content foods)
- Asparagus
- Beet Greens
- Broccoli
- Brussels
- Sprouts
- Cabbage
- Celery
- Chard
- Chicory
- Artichokes
- Carrots
- Celery
- Kohlrabi
- Turnips

#### MILDLY STARCHY VEGETABLES
- Artichokes
- Carrots
- Celery
- Kale
- Kohlrabi
- Turnips

**EAT PROTEINS AS A MAIN COURSE WITH VEGETABLES AND OR SALAD.**

**EAT STARCHES AS A MAIN COURSE WITH VEGETABLES AND OR SALAD.**

### • EAT FRUIT BY ITSELF ON AN EMPTY STOMACH

LET 20-30 MINUTES ELAPSE AFTER EATING FRUIT BEFORE EATING OTHER FOODS

#### ACID FRUITS
- Blackberries
- Grapefruit
- Kumquat
- Lemon
- Lime
- Orange
- Pineapple

#### SUB-ACID FRUITS
- Apple
- Apricot
- Blueberries
- Cherimoya
- Cherries
- Fig, fresh
- Grapes
- Huckleberries

#### SWEET FRUITS
- Banana
- Date
- Grapes (Thompson and Muscat)
- Persimmon
- Raisin

#### MELONS
- Cantaloupe
- Honeydew
- Casaba
- Musk
- Christmas
- Persian
- Melon
- Sharlyn
- Crenshaw
- Watermelon

**IDEALLY, MELONS SHOULD BE EATEN ALONE OR BEFORE OTHER FRUITS.**

**3 HOURS SHOULD ELAPSE AFTER EATING OTHER FOODS BEFORE EATING FRUIT AGAIN.**