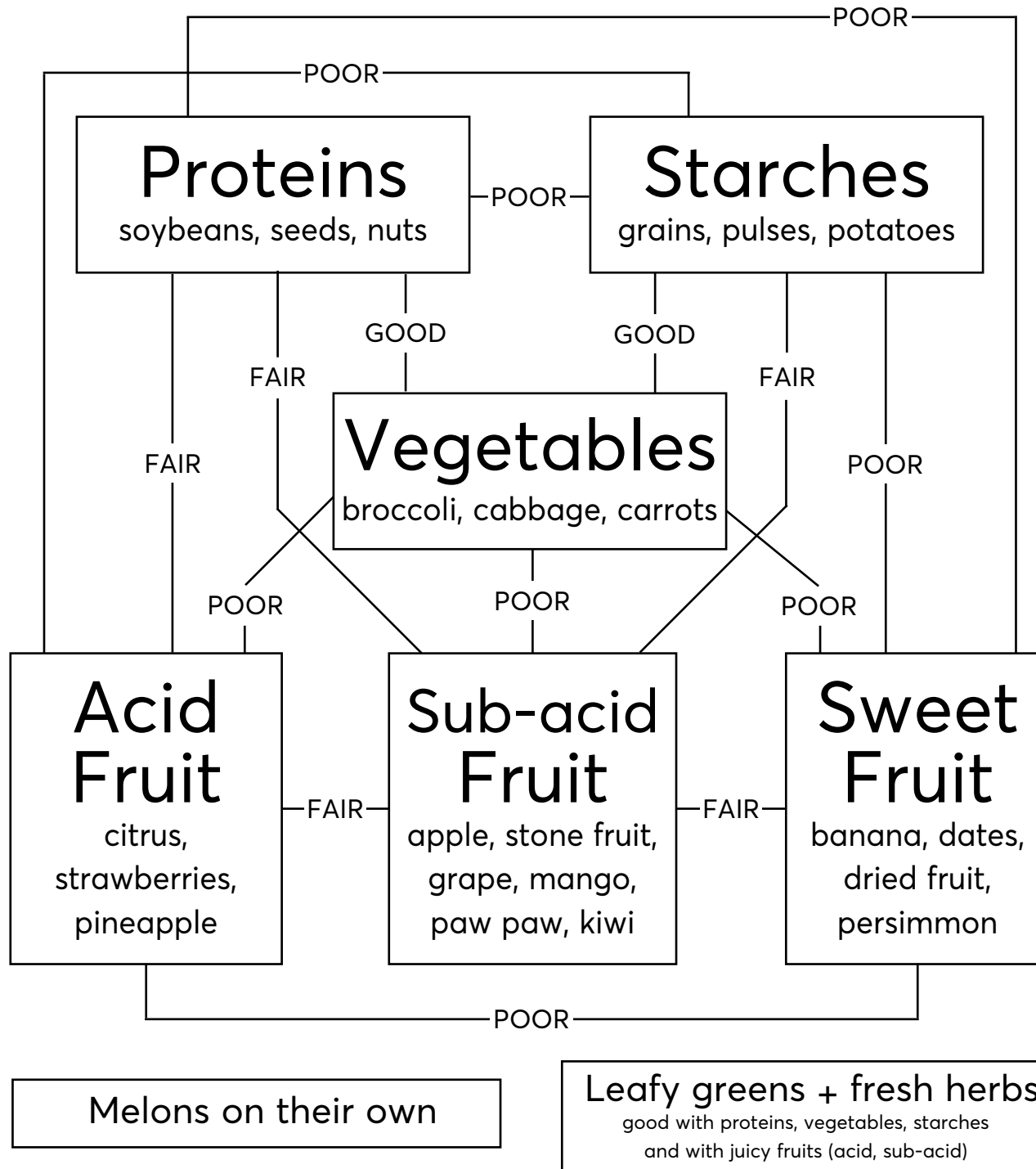


FOOD COMBINING CHART



NOTES

- Fats (avocados, oils, macadamias, coconuts) best with each other or vegetables, fair with all fruits and starches)
- Best to not mix more than two food groups in a course. Keep meals as simple as possible.
- Primary proteins — fermented soybeans, activated (where appropriate) seeds and nuts — are preferred. Secondary source proteins include meats, eggs, fish, dairy. Best to avoid peanuts as they are difficult to digest. If you want to eat dairy products, eat them on their own.
- Eat one type of fruit at a time or combine according to type of seed, ie, stone fruit (peach, nectarine, apricot, cherry); citrus fruit; core fruit (apples, pear); dried fruit; melons.