



## FOOD COMBINING

	<b>EXCELLENT with</b>	<b>GOOD with</b>	<b>NEUTRAL with</b>	<b>BAD with</b>	<b>VERY BAD with</b>
<b>Cereals</b>	juicy veggies	cheese, fat, milk, oil	egg, legumes, nuts, semi-acid fruits, starchy veggies	sugar, dried fruit, fish, meat	acid fruit
<b>Egg</b>	acid fruit, juicy veggies	dried fruit, semi-acid fruit, sugar	starchy veggies, milk, cheese, cereal	nuts, legumes	meat, fish, fat, oil
<b>Fats &amp; Oils</b>	juicy veggies	cereal, dried fruit, semi-acid fruit, starchy veggies, sugar	acid fruit, legumes, nuts	cheese, milk	egg, fish, meat
<b>Fruits (acidic)</b>	cheese, egg, fish, meat, milk	dried fruit, nuts, semi-acid fruit, sugar	fat, oil	juicy veggies, legumes	cereal, starchy veggies
<b>Fruits (semi-acidic)</b>		acid fruit, cheese, egg, fat, legumes, milk, oil	cereal, nuts	dried fruit, fish, juicy veggies, meat, sugar	starchy veggies
<b>Legumes</b>	juicy veggies	semi-acid fruit	cereal, cheese, dried fruit, egg, fat, milk, oil, starchy veggies, sugar	acid fruit, fish, meat, nuts	
<b>Meat or Fish</b>	acid fruit, juicy veggies		dried fruit, sugar	legumes, cereal semi-acid fruit starchy veggies	nuts, milk, cheese fat, oil, egg
<b>Milk or Cheese</b>	acid fruit, juicy veggies	cereal, dried fruit, semi-acid fruit, starchy veggies, sugar	egg, legumes, nuts	fat, oil,	fish, meat,
<b>Nuts</b>		acid fruit, juicy veggies	cereal, cheese, dried fruit, fat, milk, oil, sugar, semi-acid fruit, starchy veggies	egg, legumes	fish, meat
<b>Sugar or Dried Fruit</b>		acid fruit, cheese, egg, fat, milk, oil	fish, juicy veggies, legumes, meat, nuts	cereal, semi-acid fruit, starchy veggies	
<b>Veggies (juicy)</b>	cereal, cheese, egg, fat, fish, legumes, meat, milk, oil	nuts, starchy veggies	dried fruit, sugar	acid fruit, semi-acid fruit	
<b>Veggies (starchy)</b>		cheese, fat, juicy veggies, milk, oil	cereal, egg, legumes, nuts	dried fruit, fish, meat, semi-acid fruit, sugar	



## Guidelines for Food Combining

Food combining is often an effective way of eating for those people that have a slow digestion or for those that experience digestive concerns that are worsen when a variety of different foods are eaten at once or after a larger meal. Talk to your Naturopathic Doctor to determine if food combining is right for you.

### I. **Proteins Do Not Combine with Starches.**

The breaking of this rule heads the list as being the worst of the disease-producing dietary habits. It takes a series of acid digestive juices to digest the protein and a series of alkaline digestive juices to digest the starch. When you eat a protein and a starch together, they neutralize themselves and minimal digestive is the result. Thus, food does not digest, it putrefies.

**EXCEPTIONS:** Avocados combine well with all starchy vegetables and grains.  
Legumes combine fairly well with grains.

### 2. **Fruits Do Not Combine with Starches.**

The digestion of fruits requires hardly any time at all in the mouth and stomach while starches require most of their digestion time in those areas. The fruit sugars are quickly absorbed into the intestines while the starch requires digestion in the mouth and stomach. If the fruit sugars are held up in the stomach while digestion of starch continues, the food will putrefy or decay in the system.

### 3. **Fruits Do Not Combine with Proteins.**

The fruit sugars leave the stomach quickly and are absorbed directly into the intestines while the protein requires significantly more time digesting in the stomach. If the sugars are held back in the stomach while trying to digest the protein, the food with which the fruit sugars mix will putrefy.

### 4. **Fruits Do Not Combine with Vegetables.**

Remember that fruits are cleansers and vegetables are builders. Tomatoes are a fruit and an exception to this. Tomatoes combine with the following vegetables: leaf lettuce, celery, okra, cucumbers, eggplant, bell peppers and summer squash.

### 5. **Eat Melons Alone or Leave them Alone.**

Melons combine with NO OTHER FOOD. They are in their simplest form and require no digestion at all in the stomach. If they are held back in the stomach at 104 degrees Fahrenheit or 40 degrees Celsius, while digesting anything, they will putrefy.

### 6. **Acid Fruits Do Not Combine with Sweet Fruits.**

These two food groups definitely repel each other. The chemistry of these fruits is not compatible. For example, bananas, grapefruit, oranges raisins, tangerines and prunes.

### 7. **Do Not Mix More Than 4 or 5 Fruits or Vegetables at a Meal.**

Our digestive system's ability to effectively process the foods we eat depends, in part, on not overloading the gastrointestinal tract.