

Food Combining Chart

Non-Starchy Vegetables

Asparagus
 Broccoli
 Brussel Sprouts
 Cabbage
 Carrots (Mildly starchy)
 Celery
 Chard
 Chicory
 Collards
 Cucumber
 Dandelion
 Eggplant
 Endive
 Garlic
 Green Beans
 Kale
 Leeks
 Lettuce
 Mushrooms
 Onion
 Parsley
 Radishes
 Spinach
 Sprouts
 Sweet Pepper
 Swiss Chard
 Tomatoes
 Turnips
 Watercress
 Zucchini

Acid Fruits

Grapefruits Limes
 Oranges
 Pineapples
 Pomegranates
 Strawberries

Proteins

Meat Eggs
 Nuts Seeds
 Soybeans
 Fish Dairy

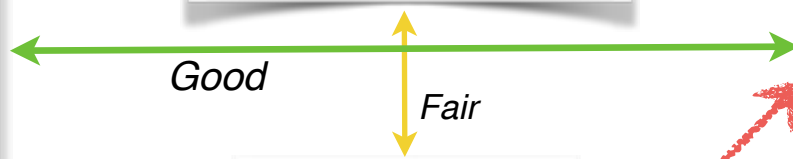


Sub-Acid Fruits

Apples Apricots
 Berries (most)
 Grapes Mangoes
 Papayas Peaches
 Pears Sweet cherries
 Kiwi

Starches

Potatoes
 Sweet potatoes
 Beans
 Grains
 Sprouted Peas
 Squash, Yams



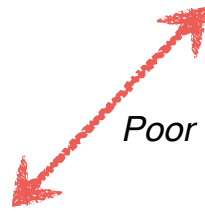
Sweet Fruits

Bananas
 Dates Figs
 Persimmons
 Raisins
 Dried Fruits

Neutral Foods

(Neutral foods go well with any thing)

Avocados
 Lemons
 (Somewhat acid)



Melons

(Melons are always eaten alone)
 Cantaloupe
 Crenshaw
 Honeydew
 Watermelon etc