

CORRECT FOOD COMBINING

MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL

PROTEINS

◀ **POOR** ▶

STARCHES

NUTS

CEREALS (WHOLE GRAINS)

DRIED BEANS & PEAS

OLIVES

* **DAIRY FOODS**

* **FLESH FOODS**

* **SEA FOODS**

POTATOES

CEREALS (WHOLE GRAINS)

DRIED BEANS & PEAS

JERUSALEM ARTICHOKES

HUBBARD SQUASH

PUMPKIN

CHESTNUTS

**GREEN
VEGETABLES**

EXCEPT
NUTS WITH
ACID
FRUITS

POOR

POOR

POOR

FRUITS

ACID

◀ FAIR ▶

SUB-ACID

◀ FAIR ▶

SWEET

CITRUS FRUITS

PINAPPLES

PLUMS (SOUR)

POMEGRANATES

STRAWBERRIES

SOUR FRUITS

ETC.

APPLES

APRICOTS

CHERRIES

GRAPES

MANGOES

PAPAYAS

PEARS, ETC.

BANANAS

DATES

FIGS

PRUNES

RAISINS

PERSIMMONS

ETC.

POOR

AVOCADO - COMBINES WELL WITH ALL FOODS EXCEPT PROTEINS AND MELONS

TOMATOES - MAY BE TAKEN WITH NON-STARCHY VEGETABLES AND PROTEIN

MELONS ~ EAT THEM ALONE OR LEAVE THEM ALONE

* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY

For more information, contact the International Foundation for Nutrition and Health, San Diego, CA 92109, (858) 488-8932
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