

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

FRUITS

ACID ← FAIR → SUB-ACID
CITRUS FRUITS
PINAPPLES
PLUMS (SOUR)
POMEGRANATES
STRAWBERRIES
SOUR FRUITS
ETC.

← FAIR → SWEET
APPLES
APRICOTS
CHERRIES
GRAPES
MANGOES
PAPAYAS
PEARS, ETC.

FRUITS

BANANAS
DATES
FIGS
PRUNES
RAISINS
PERSIMMONS
ETC.

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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