



Notes:

1. 'No' denotes incompatible combinations.
2. 'Yes' denotes compatible combinations
3. Milk is best taken completely alone as a protein food.
4. Melons are not included in the 'fruit' heading; they should always be eaten alone for optimum digestion.
5. Vegetables combine well with most everything.

Food Categories:

I. Proteins: *Concentrated proteins-* meat, fish, fowl, eggs, milk and cheese.

Light proteins- nuts, beans, peas, soy bean products and avocados.

II. Carbohydrates: *Starch-*peanuts, bananas, potatoes, all pasta products, rice, breads, cakes, pies, refined cereals. *Sugars-* whole, brown, and raw cane sugar, fructose, honey, maple syrup, dried sweet fruits.

III. Fats: butter, cream, lard, and fatty meat. *Oils-* olive, soy bean, sunflower seed, sesame, corn, and all nut oils

IV. Vegetables: lettuce, celery, cabbage, broccoli, spinach, cucumber, asparagus, onion, eggplant, zucchini, green pepper, radish, carrot, okra, artichoke, olive, etc. *Exceptions:* potatoes act as a starch; tomatoes act as an acid fruit.

V. Fruits: *Acid fruits-* orange, grapefruit, lime, lemon, berries, cranberry, pineapple, tomato. *Sub-acid fruits:* apple, pear, peach, cherry, grape, apricot, nectarine, plum. *Melons-* watermelon, honeydew melon, cantaloupe and papaya. *Exceptions:* bananas act as a starch; dried figs, dates, raisins and prunes act as sugars.