



## THE FOOD COMBINING GUIDE



Note: Only combine the circles that touch directly

Starches	Non Starchy Vegetables	Proteins	Melons	Acid Fruits	Sub Acid Fruits	Sweet Fruits	
Beans All Beets Burdock Carrots Chickpeas Corn Grains All Lentils Parsnips Peas Potatoes All Pumpkin Yellow turnip Sweet potatoes Taro Winter Squash Yams	Artichokes Eggplant Bell Pepper Onions, Leek, Spring onion Asparagus Fennel root Broccoli Radish Rhubarb Garlic Sea vegetables Bok choy, pak choy, tat soy Spinach & Swiss chard Cauliflower Sprouts	Cabbage, Kale Parsley Mushrooms Green Beans Ginger root Turnip Cucumber Okra Watercress Lettuce, Endive, Arugula, Chicory Mesclun, Mustard & Mizuna greens White turnips Zucchini, Squash	Avocados Coconuts Dairy Products Eggs Meat All Nuts All Olives Seeds All Soybeans	Eat Melons alone or leave alone Cantaloupes (Rockmelon) Creshaw melons Casaba melons Honey dew melons Watermelons	Citrus fruits All Currants Cranberries Gooseberries Pineapples Pomegranates Strawberries Tomatoes Kiwi Fruit	Blueberries Core fruits All Fresh figs Grapes Mangoes Papaya Raspberries Stone/Pit fruits	Bananas Carob Dates Dried fruit All Persimmons