

Acid Fruits

Citrus Fruit	Currants
Cranberries	Gooseberries
Kiwi	Tart Sour Fruit
Pineapple	Tomato
Seedless Grapes	Pomegranate
Kumquat	Green Apple
Sour Persimmons	Passion Fruit
Blueberries	Blue Plum

Sub-Acid Fruits

Apples	Grapes
Pears	Strawberries (sweet & ripe)
Peaches	All Semi-sweet Berries
Nectarines	Green Mangoes
Apricots	Plums
Guava	Papaya

Sweet Fruits Fresh & Dried

Bananas	Dates
Carob	Figs
Sweet Persimmons	Raisins
Prunes	Dried Fruit
Ripe Mangoes (no green)	



ACID fruits do not combine well in your gut with SWEET fruits. Therefore, do not mix these two groups.



Melons

Cantaloupe	Watermelon
Casaba	Honey Dew
Muskmelon	Melon



SUB-ACID fruit combines well in your gut with both SWEET and ACID fruits. Okay to mix sub-acid with both groups.

***THE MORE SENSITIVE YOUR GUT, AND THE MORE CHRONIC YOUR DISEASE, MEANS YOU WANT TO STRICTLY FOLLOW THE FOOD COMBINING PRINCIPLES TO IMPROVE!**

Food Combining Principles to Consider

- ∞ **Melons:** combine poorly with other fruits and vegetables and are best eaten alone to not distress the digestion (gut) ∞
 - All plant produce that has seeds or a seed/stone within itself or outside itself (such as the olive, avocado), is classified as a fruit •
 - ∞ **Succulent Fruits:** combine fairly well with some sub-acid fruits and lemon, carob, papaya, figs, dates, and sour persimmons ∞
 - **Grains (carbs):** combine well with legumes, sprouted proteins, and all categories except acidic fruits (Quinoa, a seed used like grain) •
 - ∞ **Nuts & Seeds (High-fat Proteins):** Combine well with sub-acid fruit, fairly well with acid fruits, and poorly with sweet fruits ∞
 - **Legumes (Both Carb & Low-fat Protein):** Combine well with grains producing a complete protein when combined •
- * The Five Grains with the asterisk icon are actually seeds that are cooked and are eaten as grains *

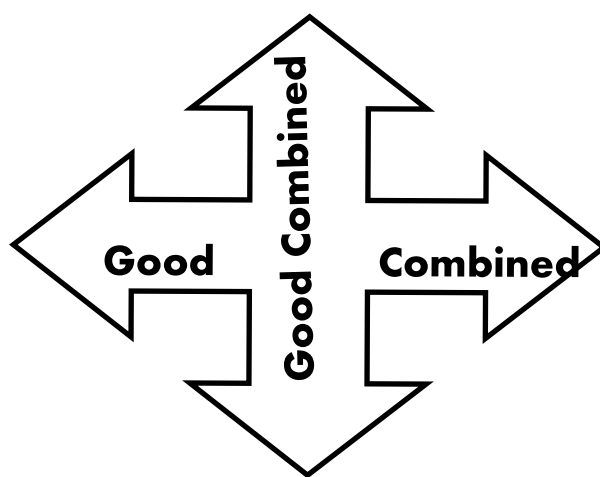
EVERYTHING BELOW THIS BOX COMBINES FAIRLY WELL TOGETHER. HOWEVER, IF YOU HAVE A SENSITIVE GUT, DO NOT COMBINE ANY CARBOHYDRATES (GRAINS) & STARCHES WITH ANY PROTEINS (PLANT OR ANIMAL)... IF YOU CHOOSE TO EAT ANIMAL PROTEINS, KNOW THAT IT DOES NOT COMBINE WELL WITH ANYTHING EXCEPT NON-STARCHY VEGETABLES AND YOU MUST EAT IT WITH BITTER HERBS SUCH AS EDIBLE SALAD HERBS DANDELION LEAVES, ENDIVE, AND RADICCHIO (THUS, A MIXED GREEN SALAD) TO ASSIST DIGESTION

Succulent Fruits Fruits of Blossom

Eggplant	Cucumbers
Okra	Green Beans
Bell Peppers	All Squash Varieties
Pumpkins	Peas
Pimento Peppers	Edamame
Fava Bean	Tomatoes (Acidic)
Snow Peas	Seeded Peppers
Bitter Melon	Zucchini

Neutral Fruits Fatty Acids/Oils

Coconut (Oil)	Olive (oil)
Avocado (Oil)	Grape Seed oil



Root Vegetables Low-Starch

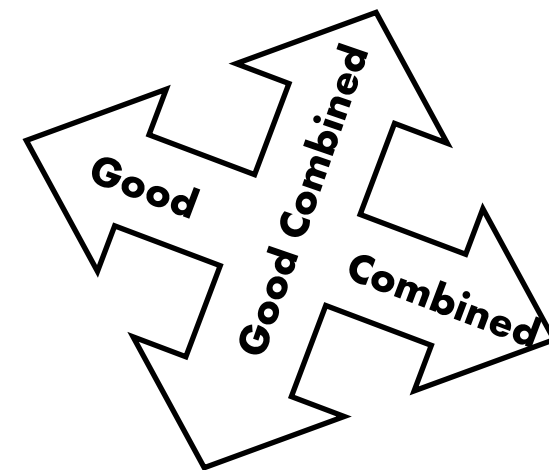
Carrot	Potatoes
Beets	Sweet Potatoes
Rutabagas	Jicama
Turnips	Celery Root
Parsnips	Burdock
Radishes	Turmeric Root
Onion	Jerusalem Artichoke
Garlic	Leeks

Raw Seeds

Sunflower	Flax
Sesame	Hemp
Pumpkin	Chia

Vegetables Non-Starch

Asparagus	Collards
Arugula	Kale
Beet Greens	Lettuces
Belgian Endive	Seaweeds
Celery	Swiss Chard
Rhubarb	Mustard Greens
Kohlrabi	Fennel
Fennel	Watercress
Turnip greens	Spinach
Parsley	Parsley
Bok Choy	Fresh Herbs
Sorrell	Cilantro
Dandelion	Brussel Sprouts
Cabbage	

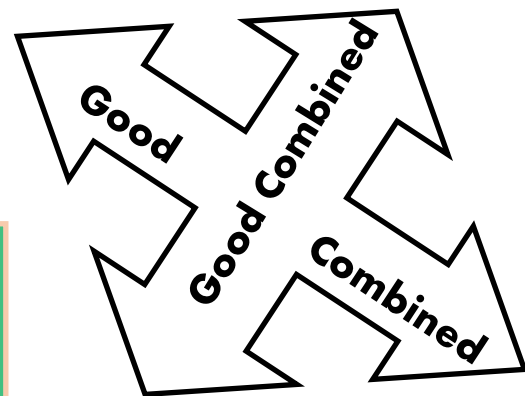


Raw Nuts

Almonds	Pine (Pignoli)
Cashews	Pistachios
Brazil	Chestnuts
Walnuts	Hickory
Hazel	Pecan

Grains

Oats	Rye
Barley	Rice-All Varieties
Millet	Buckwheat*
Quinoa*	Corn
Fonio	Teff*
Sorghum	Amaranth*
Spelt	Kamut
Wild Rice*	



Flower Vegetables

Broccoli	Globe Artichoke
Cauliflower	Squash Blossoms

Legumes & Sprouts

Lima Beans	Black Beans
Garbanzo	Cannellini Beans
Peanut	Navy Beans
Lentils	Pinto Beans
Sprouts of Beans	Clover Sprouts
Alfalfa Sprouts	Bean Sprouts
Mung Bean	Adzuki Beans