

BEST FOOD COMBINATION CHART

	** Excellent Combining **	
High-Starch and Non-Starch Vegetables	High-Protein and Non-Starch Vegetables	“Healthy” Oils and All Types of Vegetables
	** Good Combining **	
	High-Starch and “Healthy” Oils	
	** Poor Combining **	
High-Protein and High-Starch	High-Protein and Fruit	High-Starch and Fruit

Fruit: Fruit is best eaten alone on an empty stomach or least 30 minutes before eating other foods. Morning is the best time for eating most fruits. Do not eat fruit within 3 hours after eating meals. (Most carbohydrates that come in the form of fruit are converted into fat. If you are going to skip an otherwise nutritious breakfast, then it’s better to start your day with a piece of fruit.

Fats/Oils: Plant and fish oils rich in polyunsaturated fatty acids are essential to good health.

The best sources being ocean fish, flax, pumpkin, sesame, safflower, sunflower oils and their seeds.

Any of these combine very well with non-starch vegetables. High starches are okay with the oils in sauces, but please use your common sense.

Note: The large majority of your diet (50-60%) should be high-water-content, fresh vegetables and fruit, picked at their peak, as these provide quick energy, body building nutrients and enough water, fiber and alkaline mineral salts to assist the body in its daily cleansing and detoxification. The remaining portion of the diet (40%) can be comprised of the more concentrated foods: seeds, grains, beans, peas, lentils, nuts, ocean fish, drug-free poultry, low-fat live culture dairy products and lean red meats (if you choose to include them in your diet).