PROPER FRUIT COMBINING

Acid Fruits

Blackberries
Grapefruit
Kumquat
Lemon
Orange
Pineapple
Plums (sour)
Pomegranate
Raspberries
Sour Apples
Strawberries
Tangerines
Tangelos

GOOD — Melons

POOR — Sweet Fruit

EXCELLENT — Sub-Acid

Melons

Banana Melon
Cantaloupe
Casaba
Christmas Melon
Crenshaw
Honey Dew
Musk
Persian
Watermelon

GOOD — Sub-Acid

Sub-Acid

Apple
Apricot
Blueberries
Cherimoya
Cherries
Fresh Figs
Grapes
Huckleberries
Kiwi
Mango
Nectarine
Papaya
Peach
Pear
Plums (sweet)

EXCELLENT — Sweet Fruit

Sweet Fruit

Bananas
Dates
Dried Fruit
Grapes
(Muscat &
Thompson)
Persimmon
Raisins

POOR — Melons, Sweet Fruit

HEALTHQUEST RADIO

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