

PROPER FOOD COMBINING CHART

NON-STARCH GREEN VEGETABLES

Artichoke	Leek	★5
Asparagus	Lettuce	
Bamboo Shoot	Mushroom	
Bell Pepper	Okra	
Beet Top	Onion	
Bok Choy	Parsley	
Broccoli	Peas, fresh	
Brussels Sprouts	Radish	
Cabbage	Spinach	
Cauliflower	Sprouts	
Celery	Squash (except Banana, Hubbard)	
Chive	Swiss Chard	
Collard	Turnip Top	
Chard	Watercress	
Cucumber	Zucchini	
Dandelion		
Eggplant		
Endive		
Escarole		
Garlic		
Green Bean		
Kale		

EAT WITH:
Fat, Starch, Mild Starch or (choice of one) Protein
Flesh, Protein Fat, Protein
Starch or Raw Tomato, Lemon

STARCH

Bread	Potato	★5
Cereal	Pumpkin	
Chestnut	Rice	
Corn	Squash (Banana, Hubbard)	
Cracker	Yam	
Grains		
Jerusalem Artichoke		
Lima Bean, fresh		
Pasta		
Peanut, raw		

EAT WITH:
Fat, Non-Starch/Green
Vegetables

PROTEIN STARCH

Beans, dry	★12
Peas, dry	
Soy Beans	

EAT WITH:
Green Vegetables

★DIGESTION TIME IN HOURS

MILD STARCH

Beet	★5
Caladium Root	
Carrot	
Parsnip	
Rutabaga	
Salsify	
Turnip	

EAT WITH:
Non-Starch/Green
Vegetables, Fat

PROTEIN FLESH

Beef	Rabbit	★12
Chicken	Seafood	
Duck	Turkey	
Egg	Veal	
Fish		
Goose		
Lamb		
Pork		

EAT WITH:
Non-Starch/Green
Vegetables

PROTEIN FAT

Avocado	★12
Cheese	
Kefir Cheese	
Nuts (except Chestnut, Peanut), Raw	
Olives	
Seeds	
Sour Cream	
Yogurt (full fat)	

EAT WITH:
Fat, Non-Starch/Green
Vegetables or Fruit, Acid
(maybe)

MILK

EAT ALONE

FAT

Butter	★12
Cream	
Margarine	
Oil	

EAT WITH:
Starch, Non-Starch, Mild
Starch or Protein Fat

SYRUP, SUGAR

Brown Sugar	★2
Carob	
Honey	
Malt	
Maple Syrup	
Milk Sugar	
Molasses	
White Sugar	

EAT ALONE

FRUIT, ACID

Acerola Cherry	Orange	★2
Apple, sour	Peach, sour	
Cranberry	Pineapple	
Currant	Plum, sour	
Gooseberry	Pomegranate	
Grapefruit	Strawberry	
Grape, sour	Tangelo	
Kumquat	Tangerine	
Lemon	Tomato	
Lime		
Loganberry		

EAT ALONE or maybe with
Protein Fat. Or maybe,
Lemon and Tomato with
Non-Starch/Green
Vegetables

FRUIT, SWEET-FRESH

Banana	Persimmon	★3
Black Currant	Thompson Grape	
Mango	Papaya	
Muscat Grape		

EAT ALONE

FRUIT, SUB-ACID

Apple, sweet	Mulberry
Apricot	Nectarine
Blackberry	Peach, sweet
Blueberry	Pear
Boysenberry	Plum
Cherry, sweet	Prickly Pear
Elderberry	Quince
Fig, fresh	Raspberry
Guava	
Huckleberry	★2
Kiwi	EAT ALONE

FRUIT, SWEET-DRIED

Apricot	Pineapple	★3
Banana	Prune	
Date	Raisin	
Fig		
Peach		
Pear		
	EAT ALONE	

MELON

Cantaloupe	★2
Casaba	
Christmas	
Crenshaw	
Honeydew	
Muskmelon	
Nutmeg	
Persian	
Pic	
Watermelon	

EAT ALONE