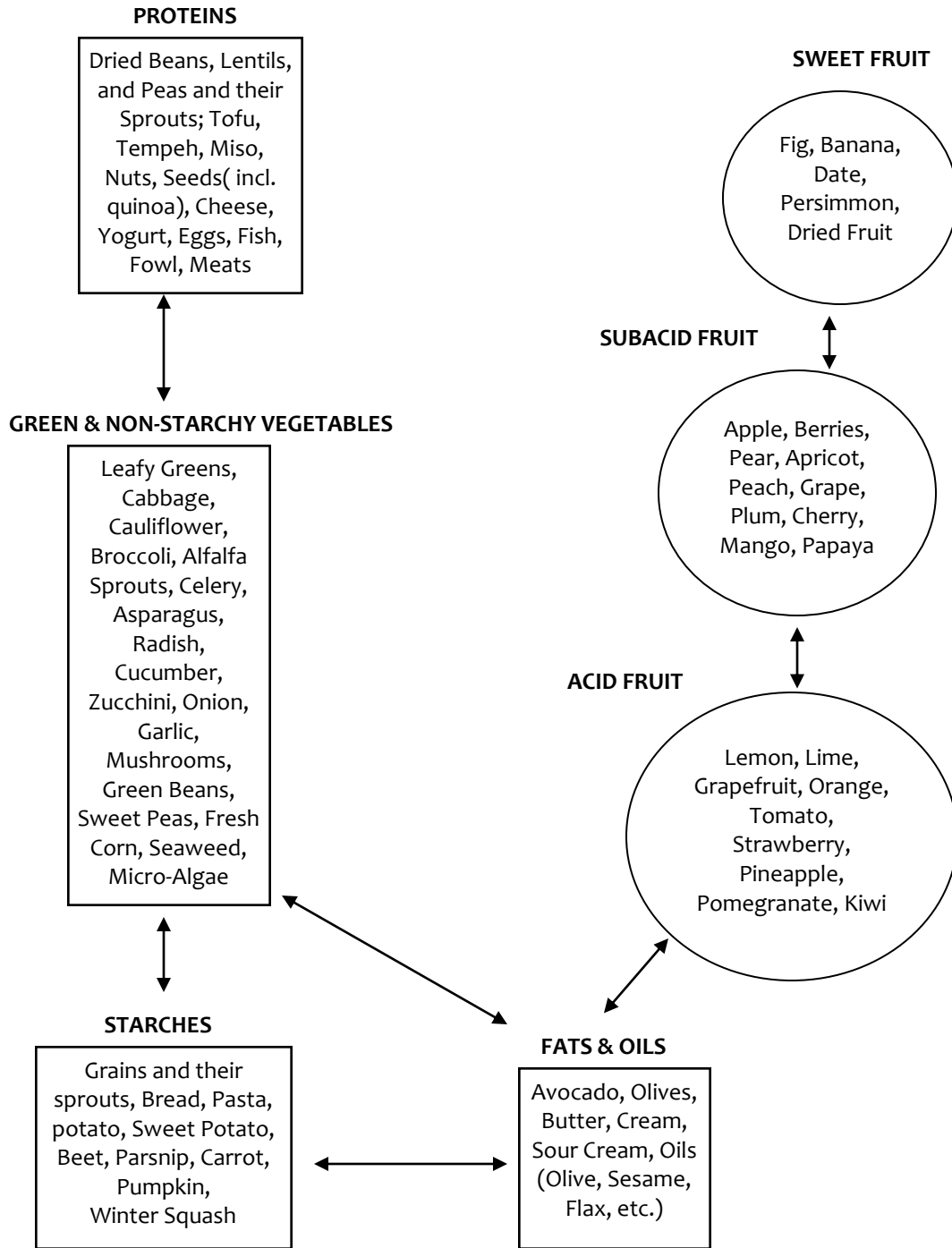


FOOD COMBINING for OPTIMUM DIGESTION



Foods that can be combined at a meal are directly connected by an arrow.

Important Notes:

- ~ Eat only 1 protein or 1 starch per meal
- ~ Eat melons alone
- ~ Drink milk alone
- ~ Lemon, lime and tomato (acid fruits) combine well with green and non-starchy vegetables
- ~ Nuts, oil-rich seeds, cheese, yogurt, kefir and other fermented dairy foods (high fat protein) combine well with acid fruits