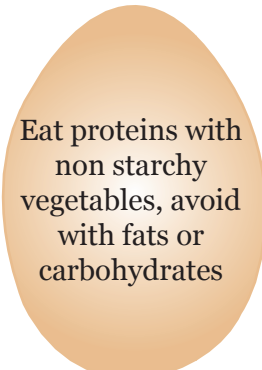


Food Combining Chart


Arise & Shine
www.ariseandshine.com
1.800.688.2444

Oils and Fats

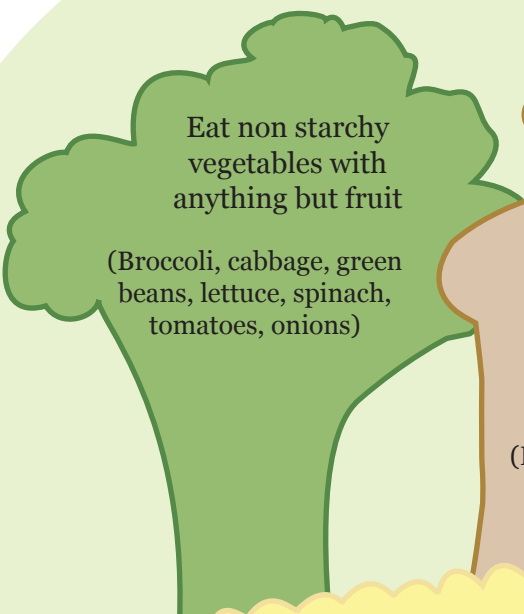
Proteins



Eat proteins with non starchy vegetables, avoid with fats or carbohydrates

(Eggs, meat, dairy, nuts, olives, seeds, soybeans, avocado, coconut)

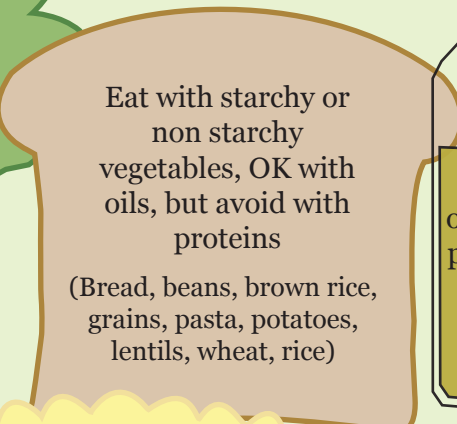
Non Starchy Vegetables



Eat non starchy vegetables with anything but fruit


(Broccoli, cabbage, green beans, lettuce, spinach, tomatoes, onions)

Carbohydrates

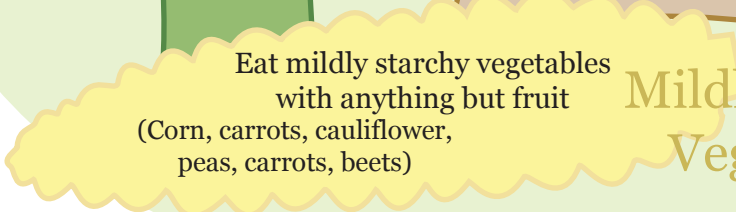


Eat with starchy or non starchy vegetables, OK with oils, but avoid with proteins

(Bread, beans, brown rice, grains, pasta, potatoes, lentils, wheat, rice)



Avoid oils with proteins

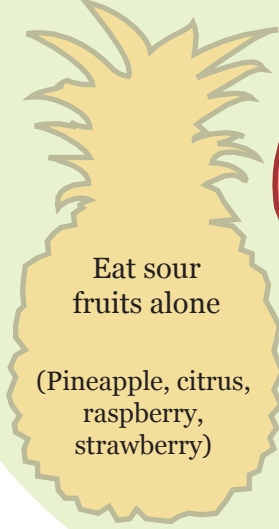


Eat mildly starchy vegetables with anything but fruit

(Corn, carrots, cauliflower, peas, carrots, beets)

Mildly Starchy Vegetables


Acid Fruits



Eat sour fruits alone

(Pineapple, citrus, raspberry, strawberry)

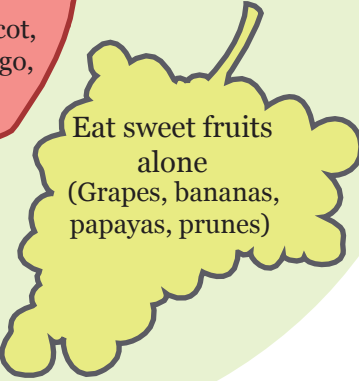
Sub Acid Fruits



Eat mild flavor fruits alone

(Apple, apricot, cherry, mango, peach)


Sweet Fruits



Eat sweet fruits alone

(Grapes, bananas, papayas, prunes)

Melon



Melons should only be eaten alone