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Simple Proper Food Combining Chart

Some types of food do not combine well with other types of food at the same meal. **Fermentation** and **putrefaction** occur, stopping proper food digestion. Unwanted toxic by-products, like alcohol, are created.

Melons

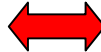
WATERMELON CANTALOPE	HONEY DEW PAPAYA
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Eat melons alone or leave them alone.

Fruits

ACID CITRUS STRAWBERRIES PINEAPPLES SOUR FRUITS	SUB-ACID APPLES GRAPES CHERRIES MANGOS	SWEET BANANAS FIGS DATES RAISINS
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Eat more fruit meals high in energy, antioxidants, astringents and nutrition. Great brain and nerve foods. Do not combine with other types of foods.



Vegetables

SPINACH GREENS PEAS	BEETS CARROTS BELL PEPPERS	ONIONS CELERY ZUCCHINI	ROMAINE HERBS CABBAGE	CUCUMBERS AVOCADOS KALE	CAULIFLOWER BROCCOLI
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Vegetables are full of nutrition, fiber, amino acids and minerals. Great for building a weakened body. Vegetables are more muscular/skeletal foods than fruits.



Starches

POTATOES *CEREALS	*BREADS PUMPKIN	CORN
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Starches are very mucus-forming, hard to digest and gluey to the bowels. Rarely eat starches or only in the winter.

Proteins

NUTS, SEEDS *MEATS (ALL)	*DAIRY FOODS CHEESE (RAW)
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Proteins are very concentrated foods. Eat in moderation depending upon time of season and location you live in.



*** NOT
FIT
FOR
MAN**