

Food Combining Principles

Proteins

Eggs
 Fish/Shellfish
 Nuts/Seeds
Dairy: cheese, milk, yogurt
Legumes: beans, lentils, split peas
Poultry: chicken, duck, turkey
Meat: beef, lamb, venison

1. Proteins and Starches should not be combined.
2. Proteins and Fats and Oils should not be combined.
3. Proteins combine well with Low/Non-Starch Vegetables.
4. Limit one concentrated Protein per meal.

Fats and Oils

Avocado
 Butter
 Coconut
 Cream
 Nuts/Seeds
 Olives
Oils: avocado, coconut, olive, safflower

1. Fats and Oils and Proteins should not be combined.
2. Fats and Oils combine well with Starches.
3. Fats and Oils combine well with Low/Non-Starch Vegetables.

Starches

Bread
 Pasta
 Potatoes
 Yams
Grains: buckwheat, millet, quinoa
Legumes: beans, lentils, split peas
Rice: basmati, brown, wild

1. Starches and Proteins should not be combined.
2. Starches combine well with Fats and Oils.
3. Starches combine well with Low/Non-Starch Vegetables.

Low/Non-Starch Vegetables

Artichokes	Beet Greens	Brussels Sprouts	Celery	Dandelion	Kale	Radish	Sprouts
Arugula	Beets	Cabbage	Chard Greens	Endive	Kohlrabi	Rutabaga	Turnip Greens
Asparagus	Bok Choy	Carrots	Cilantro	Escarole	Lettuce	Seaweed	Turnips
Basil	Broccoli	Cauliflower	Collard Greens	Ginger	Parsley	Spinach	Watercress

1. Low/Non-Starch Vegetables combine well with the above three food groups – Proteins, Fats and Oils and Starches.

Fruits

Acid

Grapefruit
 Lemon
 Lime
 Orange
 Pineapple
 Pomegranate

Sub-acid

Apple
 Cherry
 Mango
 Peach
 Pear
 Plum (sweet)

Sweet

Banana
 Dates
 Fig
 Persimmon
 Prune
 Raisins

Melon

Cantaloupe
 Casaba
 Crenshaw
 Honeydew
 Persian
 Watermelon

1. Fruit should be eaten alone on an empty stomach. Never combine melon with other fruit groups.
2. Fresh fruit is not recommended as dessert.
3. Fruit should not be eaten within eight hours of an ill-combined meal.