

# Food Combining Chart

Food combining is a way to eat so that the foods you eat are all digested well without causing havoc on the body. This chart serves as an easy to follow reference to remember which foods are compatible with one another, and which ones you should not eat together.

Food Group	Compatible With	Foods to Avoid
<b>Vegetables</b> Includes most vegetables, not counting beans, corn, potatoes, squash and cauliflower	Proteins Carbohydrates Fats	None
<b>Proteins</b> Includes all meats, eggs, fish, nuts, dairy and seeds	Vegetables	Carbohydrates Fats
<b>Carbohydrates</b> Includes wheat, rice, bread, pasta, cereal, potatoes, legumes (beans, peas, peanuts), and squash	Vegetables Fats	Proteins
<b>Fats</b> Includes avocado oil, coconut oil, sunflower oil, sesame seed oil, olive oil and butter.	Vegetables Carbohydrates	Proteins

## GENERAL FOOD COMBINING PRINCIPLES

Fruits Should Be Eaten Alone or before meals. Do not eat fruits as a snack in between meals.

Do not drink liquids with meals or directly afterward.

Milk/Dairy products are not recommended due to protein and lactose intolerance

Proteins and Carbohydrates should never be eaten together

Foods should be natural and organic, not containing any preservatives, chemicals, or additives

Do not eat more than one type of protein at the same time