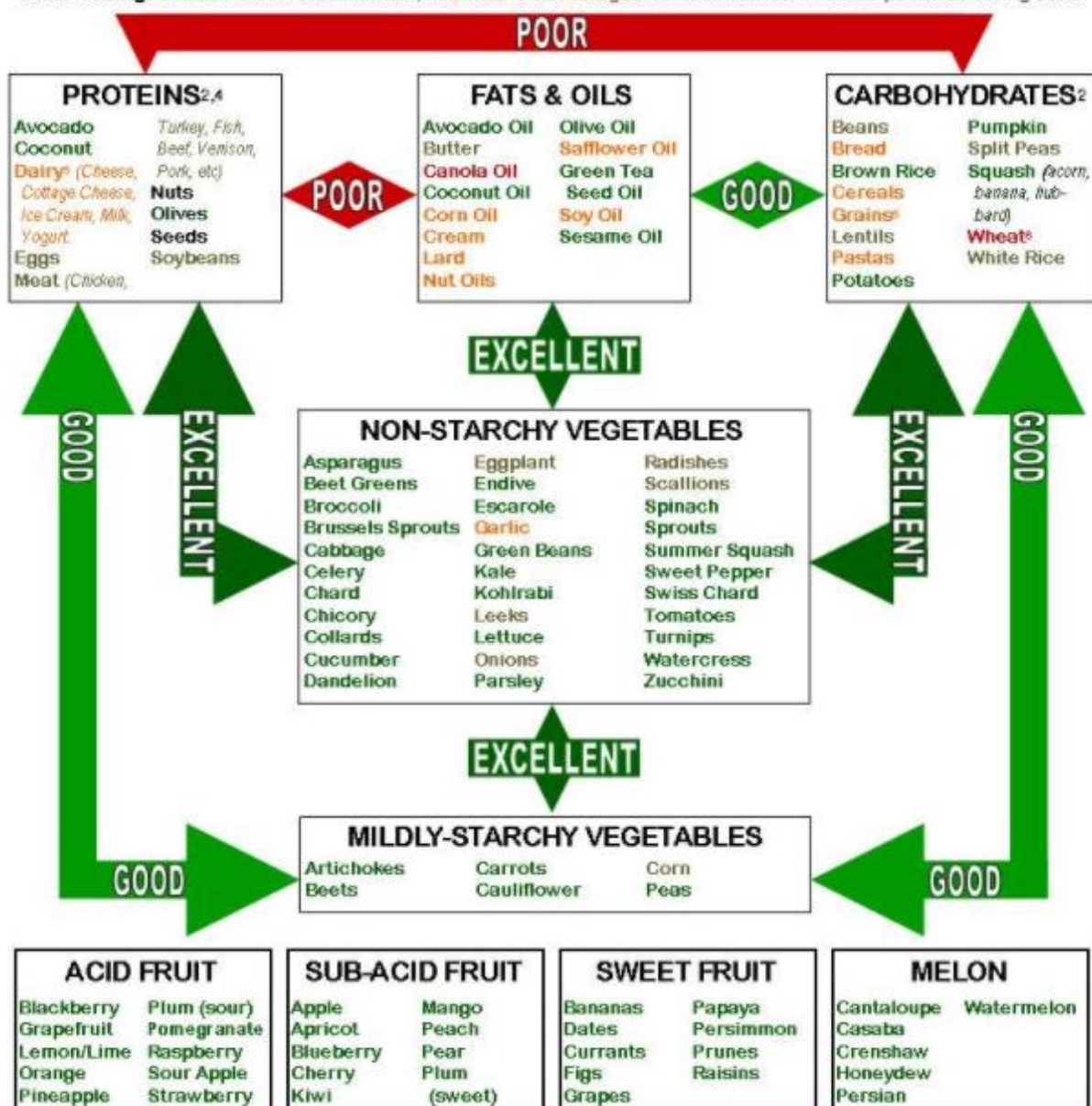


Food Combinations & Choices

Color-coding: **Green** means recommended, **red** means discouraged. Shades between indicate points on sliding scale.



FRUITS are best when eaten **alone**, as a meal, when the stomach is empty of other foods, such as for breakfast. Each fruit group should be eaten separately from other fruit groups, especially melons and sweet fruits.

NOTES

1. **ALSO REFER TO ALKALINE/ACID FOODS CHART**
2. Carbohydrates and Proteins should never be eaten together, or during the same meal period.
3. Milk and other dairy products are discouraged for human consumption (*Exception: mother's breast milk is highly recommended for babies of the same species!*)

4. Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat **no more than** one each meal.
5. Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
6. **Good** when sprouted to vegetable state before consumption.
7. *"All things in moderation, including moderation."* Socrates
8. This information may be copied and distributed freely.