# Food Combinations & Choices

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

## POOR

## PROTEINS2,4

Avocado Coconut Dairy (Cheese, Cottage Cheese, Ice Cream, Milk Youwit Eggs

Meat (Chicken,

Turkey, Fish, Beef, Venison, Pork, etc) Nuts Olives Seeds

Soybeans

POOR

## **FATS & OILS**

Olive Oil

Avocado Oil Butter Canola Oil Coconut Oil Corn Oil Cream

Safflower Oil Green Tea Seed Oil Soy Oil Sesame Oil Lard **Nut Oils** 

## CARBOHYDRATES<sup>2</sup>

Beans Bread Brown Rice Dereals Grains Lentils

Squash (acorn, banana, hubbaro) Wheats White Rice

Pumpkin

Split Peas

Pastas Potatoes

## EXCELLENT

## NON-STARCHY VEGETABLES

Asparagus **Beet Greens** Broccoli **Brussels Sprouts** Cabbage

Celery Chard Chicory Collards Cucumber Dandelion

Radishes Eggplant Endive Scallions Escarole Spinach Garlio Sprouts Green Beans Summer Squash

Sweet Pepper Kale Kohlrabi Swiss Chard Leeks Tomatoes Lettuce Turnips Onions Watercress Parsley Zucchini



#### MILDLY-STARCHY VEGETABLES

Artichokes Beets

Carrots Cauliflower Corn Peas

GOOD

## ACID FRUIT

GOOD

Blackberry Plum (sour) Grapefruit **Pomegranate** Lemon/Lime Raspberry Orange Sour Apple Pineapple Strawberry

## SUB-ACID FRUIT

Apple Apricol Blueberry Cherry Kiwi

Mango Peach Pear Plum (sweet)

## SWEET FRUIT

Bananas Papaya Persimmon Dates Currants Prunes Figs Raisins Grapes

### MELON

Cantaloupe Watermelon Casaba Crenshaw Honeydew Persian

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.
- Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
- Good when sprouted to vegetable state before consumption.
- "All things in moderation, including moderation." Socrates
- 8. This information may be copied and distributed freely.