

Basic Food Combining Guide

Group A: LOW ACID VEGGIES & FRUITS	Group B: PROTEINS	Group C: STARCHES	Group D: OILS/FATS	Group E: FRUITS
Combine with Group B, C and D	Combine with Group A	Combine with Group A	Combine with Group A	Eat Separately (Don't mix sub-groups within fruits)
VEGETABLES	MEAT	GRAINS	OILS	SWEET FRUITS
Asparagus	Beef	Amaranth	Avocado Oil	Apples
Alfalfa Sprouts	Carp	Barley	Canola Oil	Apricots
Grass	Chicken	Buckwheat	Corn Oil	Bananas
Alfalfa Sprouts	Clams	Hemp Seed Flour	Flax Oil	Mangos
Barley Grass	Fish	Kamut	Hemp Seed Oil	Nectarines
Broccoli	Lamb	Millet	Olive Oil	Papaya
Brussel sprouts	Lobster	Quinoa	Peanut Butter	Peach
Cabbage	Mussels	Spelt	Safflower Oil	Pears
Carrots	Oyster	Wild Rice	Sesame Oil	Currants
Cauliflower	Pork	Bread	Sunflower Oil	Dates/Figs
Chard	Rabbit	Breakfast cereals	Coconut Oil	Grapes
Chlorella	Salmon	Brown Rice	Borage Oil	Watermelon
Collard Greens	Shrimp	Noodles	Fish Oil	Dried Fruit
Cucumbers	Scallops	Oats	Flax Seed Oil	ACID FRUITS
Eggplants	Tuna	Pasta	Olive Oil	Berries
Garlic	Turkey	Wheat	Cod Live Oil	Blackberries
Kale	Venison	Rice		Cherries
Kohlrabi	NUTS & SEEDS	Rye		Grapefruit
Lettuce	Pumpkin Seeds	BEANS & LEGUMES		Oranges
Onions	Almonds	Black Beans		Pineapple
Parsnips	Chestnuts	Chick Peas		MELONS
Peas	Flax Seeds	Green Peas		Cantaloupe
Peppers	Pumpkin Seeds	Kidney Beans		Honeydew Melon
Sea Veggies	Sesame Seeds	Lentils		
Spirulina	EGGS/ CHEESE	Lima Beans		
Sprouts	Dairy Cheese	Pinto Beans		
Wheat Grass	Soy Cheese	Red Beans		
Wild Greens	Goat Cheese	Soy Beans		
Daikon	Eggs	Tempeh		
Dandelion Root	Egg Substitutes	Tofu		
Kombu	Whey	STARCHY VEGGIES		
Nori		Squash		
Shitake		Pumpkin		
LOW SUGAR FRUITS				
Avocados				
Lemons				
Limes				
Tomatoes				